



The Fort News



The fort

Jan 2009 - June 2009

GREETINGS FROM DR SB JOGESSAR (ACTING HOSPITAL CEO)

These past 6 months have passed by very quickly and have been filled with much going on in the Hospital as well as in our Country.

April 2009 brought with it a very exciting election and showed how many people are interested in what happens in their country by the number (percentage) of people that came out to the polls to vote.

I am sure I speak for many when I say that we are all excited to see how our new leadership takes power.

In our hospital we have had a busy time. Sadly we have had to say goodbye to staff who have retired or moved away and we have had

to mourn some who have passed on. We have welcomed new staff who have come to join our team and happily we have welcomed precious babies into our extended family.

On a serious note we are constantly being forced to look at cost containment which is putting an enormous strain on the management and running of the Hospital. In pressure times like these we all need to pull together to do what we can to help this situation and make sure that no harm comes to the people who need us most...our patients. I am grateful to the staff for helping in keeping our service going, under trying circumstances,

especially in the clinical areas where there is a great shortage of staff and resources. I also thank those staff that goes the extra mile to make "things" happen either for the benefit of our clients or for their colleagues.

God bless you all.



Dr SB Jogessar. Medical Manager and Acting CEO

Special points of interest:



Gardening Projects

EARLY THIS YEAR A COMMITTEE WAS FORMED TO LOOK AT A PROJECT AIMED AT CREATING GARDENS WHERE STAFF AND PATIENTS GET INVOLVED. THIS PROJECT WILL WORK ALONG THE LINES OF "LOT" GARDENING WHERE THE GARDENS ARE DEVELOPED AND

MAINTAINED IN A COMMUNAL AREA AND THE PRODUCE BATERED WITH AMONG THE GROWERS.

This project is on hold at the moment because the land chosen for the project needs some work done on it.

This obstacle did not stop our enthusiastic staff though and many wards

and patients went ahead developing their own gardens which have been producing very well.

Staff from Ward 6 sent our newsletter the following article and pictures.....THANK YOU.

We will hear from the other wards in our next issue.



Ward 6 Garden



“The patients of Ward 6 planted Carrots, Spinach and beetroot. The staff together with the patients chose and cleaned the area they were going to start the garden. The beds were made and the seeds were sown. The patients watered and cared for the seedlings. Spinach was harvested and sold for R2.00 a bunch to the staff with the help of the patients. Carrots and beetroot are almost ready.”

Staff Nurse N Reddy and the hard working patients from ward 6 showing off (top left) and above working in their beautiful veggie garden.

World No Tobacco Day 31 May 2009

World No Tobacco day was celebrated on 28 may 2009 as part of our Nurses Day Celebration.

Rose Sithandiwe Mchunu (Health Programmes Coordinator) from the Cansa Association of South Africa (CANSAs) addressed the gathering. Rose told the audience about the work of CANSAs, Rose explained that there is a real shortage of skilled nurses who volunteer for them and asked for anyone interested to contact her about volunteering in the Pietermaritzburg Region.



From Left to Right
Sr Vani, Sr B Reddy, Mrs Ndaba, Sbu Mthethwa Matron Mickey and Rose Mchunu

CANSAs;
031-2059525
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Ward 3A News.

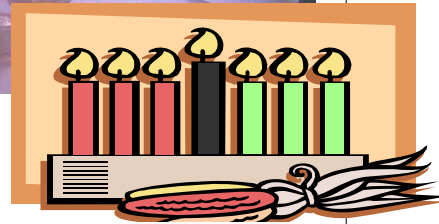
Ward 3A staff have been fundraising by selling different items around the hospital.

They discussed and decided to do birthday parties for the Mental Health Care Users in Ward 3A with the money they've been fundraising.

Two birthday parties have already been celebrated.

Cakes, cooldrinks snacks and fruit were all provided and all the MHCUs enjoyed the day!!

Special thanks also goes to **Mrs L Chetty** who donated a box of Easter Eggs and Cooldrinks during the Easter holidays (11 May 2009). The MHCUs had a wonderful party.



LOVE TO LIVE CAMPAIGN



The Clinical Psychologists at Fort Napier Hospital have participated in the Love to Live campaign in Pietermaritzburg for many years. The campaign is a community-oriented programme that is targeted at children and adoles-

cents and is geared towards preventing suicide and other mental health problems that affect this age group. The Clinical Psychologists disseminate information on mental health problems and ways of accessing help in times of distress. This is one of the many mental health promotion

programmes undertaken by the Psychology Department in their bid to inform young people about mental health, reduce the associated stigma, and provide information on the resources available.



WELCOME
TO THE FOLLOWING NEW STAFF MEMBERS WHO RECENTLY
JOINED THE FORT NAPIER HOSPITAL TEAM.



Clockwise from top right picture:

- ENA Sanele Mdunge
- PN Lucky Mkhulise
- PN Delisile Zuma
- PN Michelle Sharkey
- PN Zodwa Mosea
- PN Hlengiwe Ndlovu
- ENA Nomathamsanqa Mazibuko





CELEBRATING NURSES DAY

On Thursday
28 May 2009,

Nurses and staff at Fort Napier Hospital
celebrated Nurses Day.

Nurses came to work dressed in their white
uniforms and formed a parade from Stores/
Workshop area, and marched to the Rec-
reational Hall



Nurses led by Matron
Madlala lit candles and re-
cited the Nurses Pledge. A
moving part of the day's
celebration



Nurses were led in their parade by
drummers and banner carriers



The Recreational Hall had been
beautifully decorated by a team
of very enthusiastic nurses led
by Sr. Nomonde. It certainly
was a welcoming sight to the

tired nurses.



Retired Matron Mrs Ndaba addressed our Nurses, sharing
memories about her time as a nurse and encouraging all
nurses to always give of their best.



Some delicious eats were prepared by Sr Mncube and Gladys'
team of hard workers. These were ENJOYED by all.



A big thank you goes out to all involved on the day for their
hard work and generous contributions making it a successful
day to remember!!

Fort Napier Hospital Outreach

On May 23 2009 a group of staff went to Hayfields Mall where they set up an information table and display, showcasing Fort Napier Hospital and highlighting the Family Outreach facility at Fort Napier Hospital.

Among the most frequently asked questions were:

For information about Mental Illness which could be used in schools for education of their pupils

For information on ADHD

For information on Dementia, and

For information on Dementia.



Sing-a-Long Time



WHAT A HAPPY GROUP!!



A VERY SUCCESSFUL DAY!! 😊

OCCUPATIONAL THERAPY NEWS

At the beginning of this year the Occupational Therapy Department of Fort Napier Hospital attained a new staff member. We are currently engaging M.H.C.U in 8 vocational (sebenza) areas as well as running therapeutic groups in ward 1, 5, 6, 9B and 10A and are pleased to report that according to statistics

85% of the hospital patients are seen per week. Two hospital scale events have been hosted with great success and participation from staff and patients. In February the department held the annual flea market at Jabula. This was not only an opportunity for the wards and various vocational projects to raise funds but also for the M.H.C.U to mingle with each other as well as try their luck in a few games



April's event meant more than just hunting for eggs and Easter bunnies. Wards strutted their stuff and presented beautiful posters representing the meaning of Easter whilst staff and other patients had the opportunity to display their musical talents. Noise levels, excitement and for some blood pressure was elevated during the quiz. Ward 1 were the overall winners of the day, ward 7 coming close in second place.



We are pleased to inform you of the Botanical Gardens Project which is currently running. With the assistance from staff in all health care areas we have managed to successfully place two of our M.H.C.U in work environments outside of the hospital. This required the development of an assessment tool, which evaluated the job tasks and the patient's ability to perform them as well as planning and continual intervention to ensure a positive outcome. Unit managers have reported noticeable improvements in the conduct and independence of these patients. The feedback received is a representation of the improved quality of rehabilitation we have been able to offer.

The community service Occupational Therapists have developed and are currently running a course "Enhancing your child's development" at one of their community centres visited during the week. They have also started support groups for M.H.C.U that are currently living within the communities serviced by Imbalenhle Clinic.

We will continue with the level of service offered by the department and have a few more interesting events and projects planned. Please continue to offer your support to us as more hands make light work.



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*Thank you to all who took
the time to contribute to
this newsletter. It has
been fun to put to-
gether.*

THANK YOU

EDITOR: Helen Wilkes (Pharmacy Manager)

NURSES PLEDGE

- ◆ I SOLEMNLY PLEDGE MYSELF TO THE SERVICE OF HUMANITY AND WILL ENDEAVOUR TO PRACTICE MY PROFESSION WITH CONSCIENCE AND WITH DIGNITY
- ◆ I WILL MAINTAIN BY ALL MEANS IN MY POWER THE HONOUR AND NOBLE TRADITIONS OF MY PROFESSION
- ◆ THE TOTAL HEALTH OF MY PATIENTS WILL BE MY FIRST CONSIDERATION
- ◆ I WILL HOLD IN CONFIDENCE ALL PERSONAL MATTERS COMING TO MY KNOWLEDGE.
- ◆ I WILL NOT PERMIT CONSIDERATIONS OF RELIGION, NATIONALITY, RACE OR SOCIAL STANDING TO INTERVENE BETWEEN MY DUTY AND MY PATIENT.
- ◆ I WILL MAINTAIN THE UTMOST RESPECT FOR HUMAN LIFE
- ◆ I MAKE THESE PROMIOSES SOLEMNLY, FREELY AND UPON MY HONOUR



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Pictures of The Fort and the
Main Entrance of Fort Napier
Hospital