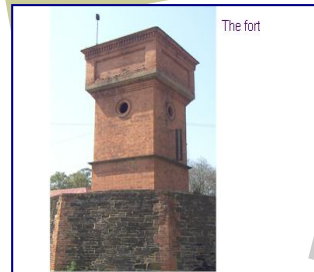




Fort Napier Hospital News July 2009—November 2009



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WELCOME

Fort Napier Hospital Staff are happy to welcome their new C.E.O Mrs Nelisile Thabisile Nxaba, a true granddaughter of Fort Napier Hospital. Mrs Nxaba's grandfather Excel Msimang was on the Fort Napier Hospital Board in the 1970's. Mrs Nxaba started at Fort Napier Hospital at the beginning of November 2009

Mrs Nxaba joins the team at Fort Napier Hospital with much experience, as Mrs Nxaba was C.E.O at Imbalenhle CHC and then at Richmond Hospital before Fort Napier Hospital. Mrs Nxaba wants to maintain the quality service rendered to the mental health care users and intensify the program for preventative treatment of substance abuse.

Mrs Nxaba has 2 daughters and enjoys music, outdoor activities and reading during her time off.

Welcome Mrs Nxaba. We all hope you have a long and happy time leading the team at Fort Napier Hospital.





News from Ward 5

GARDEN PROJECT



Pictured are patients working in the garden as part of the garden project. The patients have to plant and care for the vegetables. The vision of this project is to supply the Mental Health Care Users with fresh vegetables.

DIVERSIONAL THERAPY



Featured are patients, who have reached highlights in Diversional Therapy. These patients have won first prize at the Royal Show for two consecutive years and are working towards the 2010 Royal Show.

1st



Welcome to new staff at Fort Napier Hospital



Going clockwise from the top:

PN MNTUNGWA AP

PN KHENISA VW

PN DUMAKUDE BR

PN MHLONGO N

PN HADEBE BM

PN MTSHALI BP

PN GOKHUL S

PN ZUMA SM

PN ZUNGU TL

PN MYINGWA TP



OT News

The Occupational Therapy Department of Fort Napier Hospital had to bid farewell to Zanele Ndlovu after many years of service as she had been offered a nursing scholarship.



Bhavna Devipersad also completed her Community Service year and the staff and sebenza patients had a braai and soccer day to say their goodbyes.

Approximately 60 sebenza patients attended an O.T outing where they went Ten Pin bowling at Scottsville Bowling alley. This was a great opportunity for social interaction as well as a chance for M.H.C.U who never get taken on LOA to move within their community.

Hospital Scale events were a great success this year. M.H.C.U attended the annual **Royal Show** and even had some pocket money to spend! The events fundraising **Food Hall** was wonderfully supported by the hospital staff which enabled us to host an adrenaline pumping **Sports Day!** All the prayers for sunshine were answered and our visitors from Umgeni and Town Hill Hospital could join us for hours of fun and excitement. The "Tiger House" was the overall winner of the day with the Leopards, Cheetahs and Lions close on its heels.



Michael Blackman had an opportunity to exhibit some of his paintings at Grace Collage Art Exhibition. The Botanical Gardens project gave F.N.H patients recognition as possible future employees for outsourced work in the community. We are currently in the process of placing another two M.H.C.U in work positions outside of the hospital. This will enable them to generate an income even when on LOA.

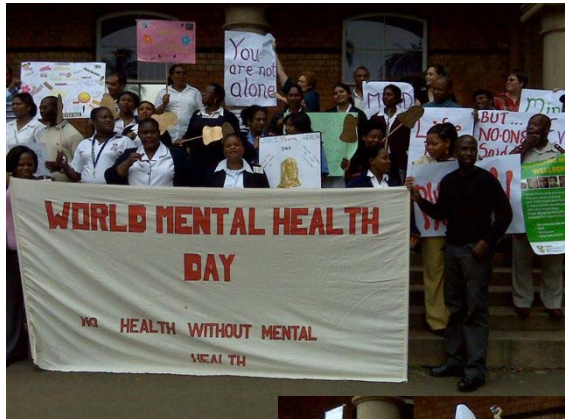
Outreach to local community centers and clinics are still happening. We are currently running groups in all the closed and semi-closed wards within the hospital which allows the follow-up, re-evaluation and successful integration of new M.H.C.U into the hospital.

All sebenzas will close on 11 December 2009 with an end of year party and re-open on 11 January 2010. Planning for the coming year has already begun. M.H.C.U can look forward to having a wide variety of leisure groups to attend on half days. These include: movie watching, Zulu dancing, crafts and sports activities to name but a few.

Thank you to all the staff that have played a part in making the events and projects possible. May you have a Merry Christmas and a Happy New Year!



October is Mental Illness awareness Month



October was Mental Illness awareness month. Some passionate staff members joined up with Townhill Hospital, Umgeni Hospital and Mental Health Society to demonstrate on the steps of the Tatham Art Gallery and raise awareness of Mental Illness and the victims of this disease.

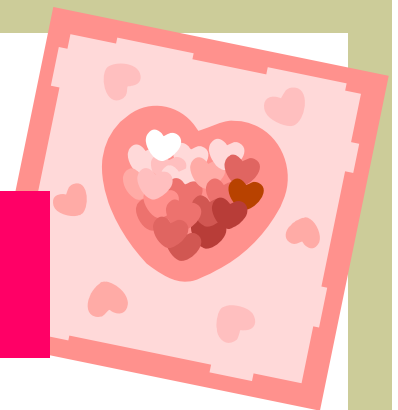
Another energetic group of staff members held an Outreach Morning at Hayfield Mall also to raise awareness.



WELL DONE ALL!
Awareness is very important.



Women's Month in October



In celebration of National Women's Month in August 2009, Fort Napier Hospital acknowledged all women, and also appreciated the mothers, wives, sisters and daughters who work with us, as well as those who use our mental health care services.



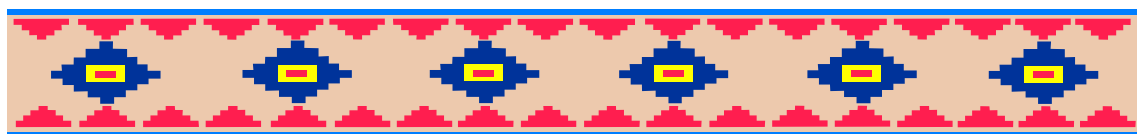
On the 11th of August, the Hospital's Health Promotion Committee invited the "fairer employees" to attend a special lunchtime function to celebrate National Women's Day. The programme included a seminar on *Women and Mental Health*, presented by Prof Anthony Pillay, Principal Clinical Psychologist. He provided pertinent information on topics such as depression, suicidal behavior, anxiety and panic disorders and how these conditions affect women.

There was also a guest appearance by Thuthula Ngcetshane, a talented young woman from one of the high schools in Pietermaritzburg. She recited some of her own poetry dealing with issues faced by the modern woman. The "sisterhood" found the information provided useful and the togetherness exhilarating!

The hospital's female Mental Health Care Users (MHCUs) were treated to a workshop conducted by two enthusiastic intern clinical psychologists: Nondumiso Mphambo and Christine McLachlan. The workshop centered on the theme of caring: *For self, for others and the environment*. And, of course, celebrating femininity!

Later in the month, the gallant male members of the Health Promotion Committee decided to donate and collect money from fellow male employees in order to spoil the ladies on our staff even further. This idea was the brain child of our dynamic health and safety officer, Lindani Mlangeni. The gentlemen dressed up for the occasion and handed out chocolate hampers to ladies entering the Fort Napier Hospital gates while arriving for work. Who said chivalry is dead?

Thank you, Guys!



What is depression? It is an illness that involves the body, mood, and thoughts, that affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be wished away. People with a depressive disease cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people with depression.

The signs and symptoms of depression include loss of interest in activities that were once interesting or enjoyable, including sex; loss of appetite ([anorexia](#)) with weight loss or overeating with weight gain; loss of emotional expression (flat affect); a persistently sad, anxious or empty mood; feelings of hopelessness, pessimism, guilt, worthlessness, or helplessness; social withdrawal; unusual [fatigue](#), low energy level, a feeling of being slowed down; sleep disturbance with insomnia, early-morning awakening, or oversleeping; trouble concentrating, remembering, or making decisions; unusual restlessness or irritability; persistent physical problems such as headaches, digestive disorders, or [chronic pain](#) that do not respond to treatment; thoughts of death or suicide or suicide attempts. Alcohol or drug abuse may be signs of depression.

The principal types of depression are major depression, [dysthymia](#), and bipolar disease (also called [manic-depressive disease](#)). Major depression causes a combination of symptoms that interfere with the ability to work, study, sleep, eat, and enjoy once pleasurable activities. Such a disabling episode of depression may occur only once but more commonly occurs several times in a lifetime.

Dysthymia is a less severe type of depression with long-term chronic symptoms that do not disable, but keep one from functioning well or from feeling good. Many people with dysthymia also experience major depressive episodes at some time in their lives.

Bipolar disorder (manic-depressive illness) is characterized by cycling mood changes: severe highs ([mania](#)) and lows (depression). Sometimes the mood switches are dramatic and rapid, but more often they are gradual. When in the depressed phase of the cycle, one can have any or all of the symptoms of a depressive disorder. When in the [manic](#) cycle, one may be overactive, over talkative, and have excess energy. Mania often affects thinking, judgment, and social behavior in ways that cause serious problems and embarrassment. For example, the individual in a manic phase may feel elated, full of grand schemes that might range from unwise business decisions to romantic sprees. Mania, left untreated, may worsen to a psychotic state. Bipolar disorder is not nearly as common as other forms of depressive disorders.

The signs and symptoms of mania include abnormal or excessive elation; markedly increased level of energy; less need for sleep; grandiose notions; racing thoughts and increased talking; increased sexual desire; poor judgment; and inappropriate social behavior.

[Clinical depression](#) is still widely misunderstood. The prevailing attitude is "Keep a stiff upper lip, have a drink, maybe it will go away." About 12% of men and up to 25% of women suffer from depression during their lifetimes. While more women attempt suicide, men are more likely to be successful.

Depression article written and submitted by Sr Nonto Dlamini, Student Liaison Officer.



Health and Wellness Day

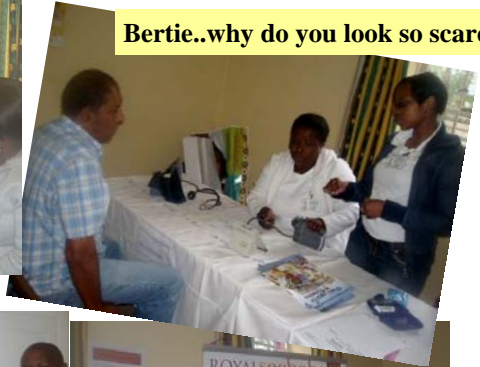
Fort Napier Hospital held a Health and Wellness day on Thursday 29 October, to celebrate and promote health and wellness.

Although the day was cold and miserable the function moved into the Lecture Hall area and all visitors were kept dry and warm while visiting all the exhibitors.

Metropolitan, ABSA, Virgin Active and Nedbank were some of the exhibitors advising visitors on all aspects of financial and physical wellness. Blood pressure testing, glucose monitoring and eye testing were some of the services rendered and there were delicious healthy snacks on sale. A very big **CONGRATULATIONS** goes to all the organizers of the day.



Bertie..why do you look so scared??



EYE TESTING.



Look at these energetic visitors



QUALITY DAY

A very successful Quality Day was held on 26 November. Organizer and QA co-coordinator Vanie Govindasamy did a wonderful job putting the day together. The real stars of the day were all the wards and departments who submitted their QIP's for display and the wards and departments who presented their QIP's to the audience. These participants were all awarded with a certificate of participation. The wards and departments who had tried and in most cases succeeded in growing vegetables (and flowers) were also presented with a certificate.

FNH choir entertained the audience with some really wonderful songs which they had composed, all about Quality Assurance. Their wonderful dancing even encouraged our CEO Mrs Nxaba to join the choir in a dance!!

The function ended on a very high note as functions where all staff come together to share and recognize always do.

Well done to all who took part in any way

