



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Phoenix Community Health Centre

Special Edition: 2019

PHARMACY MONTH PROGRAMME

SEPTEMBER Pharmacy Month

Are these challenges affecting your mental health?

**Mental illness can be treated
Ask your pharmacist for advice**

Anxiety/Stress

Addiction

Abuse

Self-harm

Depression

English

Presented by Phoenix CHC Pharmacists interns 2019

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Theme : Depression (Day 1)

Pharmacy month is a yearly campaign that is conducted during the month of September in order to bring pharmacists together to help educate the public on a certain theme. The theme for this year is mental health awareness. This theme serves to educate the public on the importance of mental health, to raise awareness of mental health conditions and to encourage the public to seek advice and help from their pharmacists and other necessary health care professionals.

The week of the 9th to the 13th of September was selected to create mental health awareness at our facility. Each day of the week had a different theme in which the pharmacy and staff had to adhere to. Monday was dedicated to making one of the most common mental illnesses aware to the public and staff of our institution which is Depression. We as interns had created a colour theme opposite to depression which was yellow, indicating cheerfulness and helping to expel those “Monday blues” associated with both staff and the community. We had also decorated the pharmacy with various inspirational and motivational sayings that will bring a positive and healthy mind-set to our patients and staff. We held a staff party to officially introduce our pharmacy month theme and planned activities. One of the activities included a game quiz, with questions based on depression, amongst the staff, which was divided into teams. This was a fun activity as it created healthy competition between the staff and initiated team building amongst the staff. We also handed out leaflets to patients educating them on the meaning of depression and what to do if you are or someone you know is depressed. It was indeed a successful start to the pharmacy week and left a lot of suspense of what is to be expected for rest of the pharmacy week.



Photo Gallery (Day1)



Pharmacy Staff in their yellow outfit



Pharmacy Interns seen addressing the staff and introducing pharmacy month

Allocation of pharmacy staff as per team.

PHARMACY STAFF MENTAL HEALTH QUIZ - TEAM ALLOCATIONS	
TEAM BIPOLAR SASHEN SANTOSH JADA SAGREN FIKILE BONNIE	TEAM PARANZIA LUNGELO SUDHIR MUKESH SBU BONGI MPHO THANDEKA
TEAM INSOMNIA SALOSHINI VANESHA LINDZEY MAWA RAJEN LYDIA KACISO	TEAM DEMENTIA AMANDA ROTASHA RAVESH AVI ISHARA THANDO

DECORATION AND TEA PARTY HELD AT THE PHARMACY



THEME : STRESS AND ANXIETY (Day 2)

On Tuesday, 10th of September 2019, we once again engaged with the topics related to pharmacy month. On this day, the staff were asked to wear anything green as this colour is associated with relaxation which is the opposite of stress and anxiety

The programme for the day included talks given to different departments on the clinic. The first department was the Pediatric Outpatient department. To hold these talks, we ac-

quired the assistance of Mrs. Sharleen Pillay, a social worker from the Durban and Coastal Mental Health. The premise of the talk was to encourage mothers on how to deal with stress in daily life, raising awareness about mental fatigue and illnesses that contribute to unhealthy living and where mothers can find help to deal with such issues. They were also provided with ways in which to lead a healthy lifestyle. Talks were also given to the chronic pink card patients in the facility and the pharmacy staff by our distinguished guest on how to ensure good mental health.

As a treat for the patients, we hosted a small raffle in which patients received prizes sponsored by the pharmacy.



Pharmacy Staff



Mrs. Sharleen Pillay and pharmacy intern seen addressing patients



Pharmacists giving talks to patients.



Mrs. Pillay addressing mother's in baby clinic.

THEME :ABUSE (Day 3)

Wednesday's theme was abuse. The colour chosen was white to signify the opposite which the interns took to be peace. Patty Singh a pharmaceutical representative from Sandoz gave a talk to the pharmacy staff on the various types of psychiatric drugs the company manufactures as well as a brief talk on Antibiotic Stewardship.



Staff photograph

Theme: White



Ms. Patty Singh a pharmaceutical representative from Sandoz gave a talk to the pharmacy staff on the various types of psychiatric drugs.

THEME: ADDICTION (Day 4)

Starwood Psychiatric Clinic

In the aim of promoting mental health awareness among patients, the pharmacist interns of *Phoenix CHC* paid the *Starwood Psychiatric Clinic* a visit. Approximately 130 patients were in attendance. Social worker, Mrs Sharleen Pillay, from *Durban and Coastal Mental Health* was invited to give an educational talk to the patients about taking care of their mental health, including fighting the stigma associated with mental illness and how to improve the outcome of their treatment. The pharmacist interns reiterated the need for patients to comply with their psychiatric medication regimen, to discuss side effects with healthcare professionals, and to take their medicines on time. Focus was also placed on eating healthily & exercising regularly to boost mental well-being. Oranges were distributed among the patients.

"You are not alone"

Pamphlets containing emergency helpline numbers were distributed (see pictured below). Patients were informed that numbers beginning with 0800 were free of charge and about the availability of 24/7 mental health helplines for their assistance.

Patient Prize-giving raffle

Behind each of the pamphlets distributed to patients was a number. A patient prize-giving raffle was conducted whereby numbers from the crowd were randomly chosen and the patient with the chosen number was given a gift. Participation in the raffle were receiving the oranges and pamphlets. Patients were responsive during the educational talks held.

Self-defence and gender-based violence talk

All female staff at *Phoenix CHC* were invited to an educational talk at the hall - conducted by police officer, Mel Govender, from the *Phoenix SAPS*. Domestic violence and gender-based violence were among the highlights discussed. In view of the femicide and increase in violence against women in South Africa, personal safety measures for women were emphasised. Pamphlets containing emergency helpline numbers were distributed among all present.

PHARMACY STAFF ACTIVITY

As per the topic of the day, pharmacy staff participated in teams, to answer a quiz on the topic of 'Addiction.' Quizzes were conducted by the pharmacist interns to create awareness and stimulate learning on mental health issues affecting the community. Pharmacy staff dressed in blue to symbolise independence and freedom from addiction.



Pharmacy intern seen conducting the Quizzes in Starwood mental health clinic create awareness and stimulating learning on mental health issues affecting the community.



Phoenix CHC and Mental Health staff .



Phoenix CHC | Mental Health Awareness

Emergency Helplines

Suicide Crisis Line – 0800 567 567

SADAG Mental Health Line – 011 234 4837

Substance Abuse Department of Social Development

24hr Helpline – 0800 12 13 14

Cipla 24hr Mental Health Helpline –

0800 456 789/Whatsapp: 076 88 22 77 5

Depression & Anxiety Adcock Ingram Helpline –

0800 70 80 90

STOP Gender Violence Helpline – 0800 150 150/

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Gender Based Violence Command Centre –

0800 428 428

Pharmadynamics Police & Trauma Line –

0800 20 50 26

Islamic Crisis Call Centre 24hr – 031 332 3590/

072 011 7861

Dr Reddy's Mental Health Helpline – 0800 21 22 23

Akeso Psychiatric Response 24hr Unit –

0861 435 787

Child Line – 08000 55555

ADHD Helpline – 0800 55 44 33

AIDs Helpline – 080 001 2322

Alcoholics Anonymous – 0861 435 722

Narcotics Anonymous – 083 900 6962

**Birthright Pregnancy Line – 031 207 5471/073 266
2148**

SAPS Crime Stop – 0800 600 10111

Life Line – 0861 322 322

Cell Phone Emergency Line – 112

ER24 – 084 124

Ambulance & Fire Brigade – 10177

PHOTO GALLERY



THEME: SELF-HARM (Day 5)

Friday's theme was self-harm and in keeping with the dress code opposite to that of the theme for the day, whilst trying to do away with societal norms, the interns decided that the colour that the staff had to adhere to would be pink or purple to represent "Love Yourself or Self-love." Friday was solely dedicated to the staff and patients at the facility. The patients were welcomed by Dr. Shaista Hamid – a clinical psychologist and her colleague Nicole, from the Phoenix Therapy and Assessment Centre. The patients were educated on anxiety, and suicide prevention seeing that the 10th of September was World Suicide Prevention Day. Flyers with emergency numbers were also distributed to patients.



Dr. Shaista Hamid speaking to the patients at the pink card section.



Nicole addressing patients in the waiting area at the chart section of pharmacy.

THEME:SELF-HARM -(Cont.)

The talks from Dr. Hamid and Nicole were met with positivity from the patients with patients seeking advice and gaining insight one-on-one from the speakers. The staff were educated on how to avoid burnout, cope with anxiety as well as what signs to look out for if someone is feeling suicidal. The most important message that the staff took away was that *it is okay to put yourself first*.



Ms. Nicole addressing patients in the waiting area.



Dr. Hamid addressing Pharmacy staff.

Pharmacy week 2019 at Phoenix Community Health Care centre culminated with a more light-hearted and jovial atmosphere with the winning team of the daily quiz competitions finally being announced.



Team Bipolar pictured with their prizes after finishing first in the staff quiz.

Certificates were also awarded to the male and female staff that was the best dressed for each day of the week. The smiles on their faces of the staff prove that even a small gesture goes a long way.



Winners were awarded with certificate .

The Pharmacist Interns at Phoenix CHC set out to create a memorable Pharmacy month campaign for the parents at POPD, patients at Starwood Psychiatry Clinic, patients at the facility and staff. The main objective of pharmacy month was to educate the community on mental health and mental illness and encourage those suffering in silence to seek help and understand that they are not alone.

Pharmacy Staff dressed for the final day of Pharmacy Mental Health Awareness celebrations.



Pharmacy Staff dressed for the final day of Pharmacy Mental Health Awareness celebrations