



## Who We Are

EPH is a public hospital operated by the KZN health department, situated within the Ethekwini district. Our hospital cares for long term chronic psychiatric patients.

At EPH, the focus is on working with the multidisciplinary team to provide biopsychosocial rehabilitation to mental health care users with severe and persistent mental disorders. The aims of our rehabilitation programmes are for our MHCUs to obtain a level of functioning that allows them to take control of their lives, manage their symptoms, and achieve their full potential.

We are not merely a placement facility. Our end goal is to empower our MHCUs to reach their optimal level of independent functioning and to eventually be successfully reintegrated back into society.

Applications for admission are between the hospitals. The social workers are the coordinating departments for applications. Consult your doctor or social worker to initiate an application.

## Our facility aims to provide the following services:

- To provide care, treatment and rehabilitation to the mentally ill and to those with intellectual disabilities
- To provide care, treatment and rehabilitation where no alternative more appropriate community placement is available
- To provide services in line with the policy of psychosocial rehabilitation
- Psychosocial rehabilitation is aimed to help MHCUs 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.

## Our Services

### Psychiatrist

Our psychiatrist diagnoses, treats, and prevents mental, emotional, and behavioral disorders with the use of medication and psychotherapy.

### Clinical psychologist

The role is to create a secure space for the patient to feel seen and heard. Therapy includes, the following: Psychoeducation on mental illness and diagnoses • Coping methods for emotional regulation • Self-esteem and self-actualization work • Boundary setting and Art creative expression.

### Occupational therapy

Promotes recovery by helping patients regain functional skills and independence. OT is crucial in fostering self-reliance and improving patient well-being.

- Medium Level: Focuses on developing basic daily skills for lower-functioning patients.
- High Level: Supports higher-functioning patients through creative activities that enhance cognitive skills.
- Vocational Skills Training (VST): Provides practical job skills to the highest-functioning patients.

### Physiotherapy

Physically activity enhances the effectiveness of psychological therapies. Exercise is important in improving quality of life, and has a preventative benefit as MHCUs are at an increased risk of cardiovascular disease, metabolic syndrome and obesity. Group therapy is used to reduce stress, inactivity and boredom in patients with mental illness, and increase cardiopulmonary fitness and mental alertness.

### Dietetics

Helps in optimizing patients' nutritional status by prescribing specialized diets/feeds, educate patients and their families on nutritional management at home, and involve in the food service units to plan the menus and monitor the implementation

### Social work

Services include assessment on admission, illness education and supportive counseling to MHCUs and families, being the primary point of contact for family at the hospital, as well as discharge planning and re-intergration of MHCUs into the Care of their families and the community.



## Singobani

Ekuhlengeni Psychiatric Hospital isibhedlela sikaHulumeni esiphansi koMnyango wezeMpilo KwaZulu-Natal endaweni yaseThekwini. Isibhedlela sethu sinakekela iziguli ezinokuthikamezeka komqondo, okuba isikhathi esijana kunezizwayelekile. Indlela esisebenza ngayo incike ekusebenzisaneni kwethimba labelaphi abahlukenengamakhono. Labelaphi bahrka zonke izinhlangothi zomuntu ukumelapha umuntu othikamezeke kakhulu futhi isikhathi eside emqondweni.

Injongo yethu: konke esikwenzayo neziguli zethu ukuthi bakwazi ukufinyelela ekutheni bakwazi ukuzimela futhi baphile impilo ekungeyabo. Asisona isikhungo sokugcina iziguli impilo Yazoo yonke. Sisebenza neziguli zethu ukuze sifike ezingeni lokuzimela babambe iqhaza kuzozonke izinhlaka zempilo.

Izicelo zokulaliswa ziphakathi kwezibhedlela. Osonhlalakahle bawuminyango edidiyelayo izicelo. Xhumana nodokotela noma usonhlalakahle wakho esibhedlela ukuze uqalise isicelo.

## Isikhungo sethu sinalezinhlelo zokusebenza:

- Sinikeza impatho, imithi nokubuyiselwa kokusebenza komuntu othikamezeke umqondo nalabo umqondo othatha kancane.
- Ukunikezela ngezinhlelo zethu kulabo ekungekho ukunakekelwa emphakathini.
- Sinikezela ngezinhlelo zethu ezihambisana nemigomo yomqondo-mphakathi kubuyisane.
- Ukubuyisana komqondo-mphakathi kwenzelwe ukuthi osebenzisa izinhlelo zethu akwazi ukuhlala nokusebenza emphakathini.
- Okukhulu esibenzela kukho ukuthi abasenzisa izinhlelo zethu bakwazi ukuzimela futha bathole indawo yokuhlala emiphakathini yabo.

## Izinhlelo zethu nethimba labelaphi esinabo:

### Psychiatrist

UDokotela uthola ukugula onakho, elaphe, futhi avimbeleizingka emqondweni, emoyeni nokuziphatha, esebenzisaimithi nokwalulekwa ukwenza konke lokhu okungenhla.

### Isazi sokusebenza kwengqondo

Indima iwukwenza indawo evikelekile ukuze isigulisizwe sibonwa futhi silalelwa. Ukwelapha kuhlanganisalokhu okulandelayo: Ukufundiswa-kwengqondo ngezifozengqondo kanye nokuxilongwa- Izindlela zokubhekananokulawula imizwa: Usebenza wakhe ukuzethemba kanyenokuzakha-koqobo • Ukubeka imingcele kanyenokubonisa ukuphiwa kwezobuciko.

### Ukwelapha Ngokusebenza (O.T)

Sikhuthaza ukululama ngokusiza iziguli ukuthi ziphindezibe namakhono okusebenza nokuzimela. I-OT ibalulekile ekukhuthazeni ukuzethemba kanye nokwenza ngconinhlalakahle yesiguli.

- Izinga Elimaphakathi: Lixile ekuthuthukiseniamakhono ayisisekelo nsuku zonke ezigulini ezingasebenzikahle.
- Izinga eliphezulu: Isekela iziguli ezisebenza kahlekakhulu ngokwenza imisebenzi yokudala/qambaethuthukisa amakhono ngokuqonda.
- Ukuqeqeshwa Kwamakhono Emisebenzi Yezandla(VST): Kuhlizeka ngamakhono omsebenzi-wangempela ezigulini ezisebenza kahle kakhulu.

### Abelaphi ngokuzivocavoca

Ukuvocavoca umzimba kuthuthukisa ukusebenza kahlekemithi yokwelapha ngokwengqondo. Ukuzivocavocakubalulekile ekuthuthukiseni izinga lempilo, futhikunenzuzo yokuvimbela ukukhubazeka, njengoba izigulizethu esengozini yakho eyengeziwe: isifo senhliziyo, i-metabolic syndrome kanye nokukhuluphala. Ukuzivocavoca ngamaqembu kusetshenziselwaukunciphisa ukucindezeleka, ukungasebenzi kanyenesithukuthezi ezigulini ezigula ngengqondo, futhikwandise ukuqina kwenhliziyo-namaphaphu kanyenokuphaphama kwengqondo.

### Uchwepheshe kezokudliwayo

Isiza ekuthuthukiseni isimo somsoco weziguli ngokunikezaukudla okukhethekile/zandiso-msoco, ukufundisa izigulikanye nemindeni yazo ngokuphathwa komsoco ekhaya, nokubamba iqhaza nabapheki bokudla ukuhlela uhlulukozophekwa nokuqapha ukusetshenziswa kwalo.

### Osonhlalakahle

Izinkonzo zihlanganisa ukuhlolwa ukufanele-ukulaliswa, ikufundisa ngokugula kanye nokwelulekwa ngokwesekwakwezigulu kanye nemindeni, okuyindawo yokuqalayokuxhumana yomndeni esibhedlela, kanye nokuhlelwakokukhishwa kanye nokuhlanganiswa kabusha kwezigulieluNakekelweni yimindeni yawo kanye nomphakathi.