



ST DYMPHNA PSYCHIATRIC CENTER
BROTHERS OF CHARITY
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MARUMBA



REPORT OF ACTIVITIES ON

HELD ON 10/10/2017 IN MARUMBA

INTRODUCTION

The 25th world mental healthday celebration, we thought of having a very touching theme in our common life. Suprisingly the WFMH proposed an unexpected theme developed in western context which we have to translate in our own way of life.

More and more , we see the performance of our co-workers going down because of stress, there are a lot of reasons we can give but the capital reason is underpayment (law salary scale), working in inappropriate place or sometimes dangerous etc

Mental health in the workplace felt like nutshell while we are still thinking about how to endup the mentality of putting in chain and tighting our psychiatric patients.

Stress is devastating a lot of people in our culture and daily life without any early detection simply because of ignorance

This year we were pleased to give teaching about stress and a lot of listerners have appreciated and requested more seminars since awareness and prevention can reduce the heavy burdern the population is having because of lack of knowledge in mental health .

Breaking the chain



Our thought toward breaking the chains could be only expressed in another way, on this ignored illness that is making a low performance of a lot of personnel in the world in different sectors that have a lot of impact in the quality of production, quality of service and quality of life.



METHODOLOGY

1. STRESS: sensitization to the local christian community of the Pentecost church of Marumba on sunday 8/ 10/ 2017
2. STRESS: sensitization to two secondary schools of the district of kasulu: the first is for the dioces of kigoma and the second is for the gouvernement where the target group are puplis and teachers on 10/10/2017

MOTTO: “Mental Health in the Workplace”

The actitivity of sensitization started already on Sunday 08 / October /2017 when we gave the education and sensitization to christian of Pentecost church of Marumba on stress.

The content was :

1. Introduction
2. Definition
3. Causes of stress?
4. Types of stress ?
5. Symptoms
6. Consequences
7. Coping with stress

Method: lecturer , question and answer

After teaching there was a time for questions and answers and the flyers were distributed to all .



The Christians reached on Sunday were about 60- 100 peoples

After the presentation, questions and answers the district nursing officer who is also representative of psychiatry department took the opportunity to give education to parents on the importance of family planning and giving birth in hospitals settings. Pre and post natal clinics

It was around 12 h30 that we finished our session and we could leave the church satisfied and with a lot of request to go back again with other topics

10/ October /2017 the activity started already in the morning as planned: we were expected to give education to 2 schools

We started our journey around 9 AM to kasulu district, a distance of about 28 km from Marumba



The team was composed by:

- District nursing officer and head of the psychiatric department
- The director of SDPC
- Social worker, ergotherapist, ass. Clinical officer and 2 nurse attendants.

The education was based on the same topic that is stress.

We were warm welcomed by the headmaster and teachers of St. Francis secondary school where we made the first scale. The sensitization was not done on the time framework because of questions and curiosity of teachers, therefore other more question in mental illness were raised and we run out of time to do presentation to the second school.



Here the sensitization was done approximately to 20 teachers

Note: that teachers did not like to mixed themselves with pupils because there were some items in the presentation that are concerning marriage people were

they found to discuss among themselves is much easier than if they are mixed with pupils.

But because the time was not with us, we couldn't fulfill to do 2 presentation separately (1 to teachers and 1 to pupils as they suggested)

It was about 11 h30 when we finished our first conference and took the direction of Bongwe secondary school in order to give the second conference that was expected to be around 11h00. Being late of about an hour already likely we could finish with the education as planned.

Not reaching a lot of teachers because some of them were in class teaching and we face here the same problem of not mixing the group of teachers and pupils



Approximately 22 to 30 teachers were present and we assumed that they will play the role of our ambassadors in order to spread the education they got.

After every session the flyers were distributed and it is with great enthusiasm around 13h30 that we started climbing the hill of Marumba in order to finish the day with the last part of welcoming people who were invited and give speech on the message of this 25th mental health celebration. The climate was cool and the all ceremony passed in good atmosphere.



A message from the director of SDPC/ Marumba on the occasion of 25th World Mental Health Day based on “**mental health in the workplace**” as stipulated by the World Health Organization for this year 2017



A patient witnessing about the care provided by SDPC, the importance of taking medication and respect of treatment, he also emphasized on Manual work as a key to success since they are prepared for the social integration





There was time for district nursing officer to give brief presentation about the treatment of mental illness especially based on the 4 aspects:

1. Medical treatment
2. Social treatment (family and the environment of the patients)
3. Psycho- social activities(ergo therapy)
4. Family and school education

With this background of education received from the guest of honor, we could say that we finished our day with great smile on our faces.

There was time for entertainment and food



We were like a family



ANECDOTE



It is almost 202 years ago since the first patients were delivered from their shackles in the cellars of Gerard the devil

Today this history of breaking the chain is still alive in our daily apostolate. 13 years ago since the official opening of SDPC Marumba, and we are still receiving patient in chains.

“You know the sad state of the unlucky, of the poor, and of the sick! One would almost think that these poor people are not allowed to enjoy a single day of pleasure, that the sun refuses to shine for them, and that the earth has flowers for only the rich, but thistles and thorns for poor.”

Indeed those words of father Triest meant a lot to us and to patients whom we are serving.

CONCLUSION

Our thought went immediately to more than 10,000 governmental employees (teachers, nurses etc) who lost their job in Tanzania this year because of the structure of the new government. While thinking on the impact of stress in the victims and their family members, we thought also on the recent earthquake that made a lot of people in the province of Kagera (northern part of Tanzania) to lose their houses.

We say that the choice of the theme is more applicable to us and we thank all of you for your support .

Jean baptiste Kalyalya

Director SDPC/Marumba