

Waves

ජාතික මානසික සෞඛ්‍ය විද්‍යායතනයේ දැනුම අවබෝධය බෙදා හදා ගැනීම



A quarterly newsletter from NIMH

Issue 3 - Summer 2011

පණිඨ්පාළාගීන් සෙව්ති
 தேசிய மனநல நிறுவன
 பணிப்பாளரான
 வைத்தியர் ஜயான்
 மென்முளின்
 தூரநோக்கின் மீது
 கவனம் செலுத்தும்
 அதேவேளை
 நிறுவனத்தின் நவீன
 அபிவிருத்தி
 தொடர்பிலும்
 வாசித்து
 அறியலாம்.



பக்கம் 2

**‘Mindful Jewellery’
 සනුට හා ආදායම**

උපයයි.

‘NIMH’

නේටසිකයින්
 ඔවුන්ගේ
 කලාත්මක

දැනීම මුදල් ඉපයීමේ
 මාර්ගයක් ලෙස යොදාගෙන
 ඇති සැටි නිරූපණ.

පිටුව 2



**தேசிய மனநல நிறுவன
 தாதியர் தமது
 திறன்களை
 பகிர்கின்றனர்.**

ஒரு தாதியர் குழு
 அண்மையில்
 மட்டக்களப்பிற்கு
 பிரயாணித்து
 கிழக்கிலுள்ள தமது
 சகபாடகளுடன் தமது
 திறன்களையும் அறிவையும்
 பகிர்ந்து கொண்டனர்.

பக்கம் 2

**Wesak festival
 celebrated in style**
 Page 3



සාසැල් චිත්‍ර කරගස
 මත්පැන් වලට ඇබ්බැහි
 වීම ගැන දැනුම වඩවයි.
 ජාතික මට්ටමේ තරගය
 සිසුන්ගේ පිවිස වලට හා
 පවුල්වලට මත්පැන් වලින්
 වන හානිය පිළිබඳ
 අවබෝධය වැඩි කරයි.

පිටුව 4



**Support the work of
 Halfway Home
 Mulleriyawa**
 A fundraising
 campaign gives
 businesses and
 individuals the chance
 to sponsor a patient.

Page 4

තව සීමෙන්පියා රෝගීන් රැකබලාගැනීමේ අත්පොත.

සීමෙන්පියා රෝගීන් රැකබලාගන්නා අයට බොහෝ සෙයින් අවශ්‍ය වූ කරුණු රැගත් අත් පොතක් පනුගිය දිනකදී ජාතික මානසික සෞඛ්‍ය විද්‍යායතනයේදී දොරටු වසිනලදී. ඒ සඳහා ඔවුන්ට VSO ආයතනයෙන් හා යුරෝපීය එකමුතුවෙන් (European union) මුදල් ආධාරද ලැබී තිබේ.

Understanding Dementia: A Resource Book for Dementia Care - සීමෙන්පියා රෝගය

අවබෝධකරගැනීම: සීමෙන්පියා රෝගීන් රැකබලාගැනීම සඳහා අත්පොත -

ශ්‍රී ලංකාව තුළ මෙම වර්ගයේ ප්‍රථම මූදුණය වන අතර එය සෞඛ්‍ය සේවයේ නියුතු පුද්ගලයින්ට හා සීමෙන්පියා රෝගීන් රැකබලාගන්නන් සඳහා අවශ්‍යවන ප්‍රායෝගික දැනුම හා ප්‍රවීණතාව ලබාදේ. මෙම දොරටු වැඩුමේ උත්සව සහාව ඇමතු ප්‍රධාන ආරාධිත සෞඛ්‍ය අමාත්‍යාංශ ලේකම් චෛද්‍ය රචිපද

රුබේරු මහතාගේ අදහසට අනුව, සීමෙන්පියා රෝගීන් රැකබලාගැනීම ඉතා අසීරු කටයුත්තක් වන්නාසේම ඒ සඳහා විශේෂඥ සහය, දැනුම හා උපකාර අවශ්‍යවේ. ඔහු තවදුරටත් පැවසූ පරිදි මෙම පොත සියළුම සෞඛ්‍ය කාර්යමණ්ඩලයට හා රෝගීන් රැක බලාගන්නා අයට ඒ සඳහා අවශ්‍ය සියළුම දැනුම ලබාදෙන බැවින් ඔහු විසින් මෙම පොත පරිශීලනය කිරීමට අනුමත කරනු ලබන බවයි.

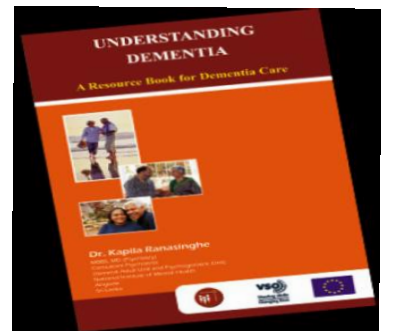
දැනට ගණන් බලා ඇති පරිදි වර්ෂ 2020 වන විට ශ්‍රී ලංකාවේ ජන ගහනයෙන් 20%ක් පමණ අවු. 65ට වැඩි වන අතර සීමෙන්පියා වැනි රෝග තත්වයන් බහුලව දැකියහැකිවනු ඇත. මෙම පොත තමන් වන්නේ ශ්‍රී ලංකාවේ සෞඛ්‍ය කාර්යමණ්ඩලය ඒ සඳහා සුදුසු බවයි.

මෙම ග්‍රන්ථයේ කතා විශේෂඥ චෛද්‍ය කපිල රණසිංහ මහතාට අනුව ඔහුට මෙම පොත ලිවීමේ අදහස ඔහු ජාතික මානසික සෞඛ්‍ය විද්‍යායතනයේ වැඩිහිටි රෝගීන් රැකබලාගන්නා වාට්ටුවේ සේවය කරන අතරතුර ඇතිවී තිබෙන අතර ඒ සඳහා අවශ්‍ය සියළුම දැනුම එක් තැනකට ගොනුකිරීමේ අවශ්‍යතාවය ඔහුට දැඩිව දැනිතිබුණි. ඔහු අවසාන වශයෙන් පැවසූ පරිදි මෙම පොත සීමෙන්පියා රෝගීන් රැකබලාගන්නා අය සඳහා මහගු පිටිවනලක් වනු ඇතුළු බලාපොරොත්තුවන

බවයි.

චෛද්‍ය අධිකාරී ජයාන් මෙනඩිස් මහතාට අනුව, වැඩිහිටි රෝගීන්ගේ මානසික සෞඛ්‍ය වැඩිදියුණු කිරීම වෙනුවෙන් ජාතික මානසික සෞඛ්‍ය විද්‍යායතනය කැපවන අතර, මෙය රෝගීන් රැකබලාගන්නා අයට වාට්ටු කාර්යමණ්ඩලයට මෙන්ම චෛද්‍ය කාර්යමණ්ඩලය සඳහාත් මහගු උපකාරයක් වනු ඇති බවයි. ඔහු තවදුරටත් පැවසූ පරිදි මෙම පොත එළි දැක්වීමට ලැබීම ගැන තමා ආඩම්බර වන අතර තව තවත් මෙවැනි පොත් එළි දැක්වීමට දායක වන සඳහන් කරන ලදී.

මිලග මාස කිපය තුලදී මෙම පොතේ පිටපත් සිංහලෙන්, දෙමළෙන් හා ඉංග්‍රීසියෙන් ලංකාවේ සියලුම මානසික චෛද්‍ය ආයතනවලට ලැබීමට සලස්වනු ඇත.



THE DIRECTOR'S MESSAGE



This is a very exciting time at the National Institute of Mental Health.

We've just recently held successful New Year and Wesak celebrations that have showcased the many talents of our employees and our patients to the entire community.

With the launch of the new resource book "Understanding Dementia", NIMH is poised to lead the way in mental health care research in Sri Lanka.

We've also just formed a media and communications unit at the institute that will work towards reducing the stigma attached to mental illness and the institute in general.

The negative stigma attached to mental illness is still very prevalent in our community and it will take all of us to help change those attitudes.

As we all know, mental health affects everyone and it's all about how each one of us functions in our day-to-day lives. Anyone can get a mental illness, no matter their gender, education level or economic status.

People who have experienced mental illness can recover completely or control it with proper medication. They can also contribute to society and live normal lives.

As always patient-care and rehabilitation remains our top priority at the institute. As you'll read about in this issue, we continue to introduce new training for our employees and new programs for our patients to continue improving our care.

I'd like to thank all the employees at NIMH for their outstanding work over the last number of months. Every employee at NIMH plays a role in delivering patient care.

The revival of this newsletter - last published in 2009 - is another positive step for the institute as we look to further inform everyone in the community about what new and exciting things we are up to.

As you will see in this issue there is never a shortage of activities going on and I encourage everyone to get involved.

Dr. Jayan Mendis
Director, National Institute of Mental Health

Mindful Jewellery creates a buzz

වෘත්තීය විකිණිසක අංශය මගින් මෙහෙයවන මෙම ව්‍යාපෘතිය මගින් රෝගීන්ට සහ උමනේ යම් ආදායමක්ද ලබාගත හැකිවී ඇත.

මෙය සරල සංකල්පයක් මත පදනම්ව නිපදවා ඇති අතර එයින් කරනු ලබන්නේ ඉවත දමන කඩදසි ගෙන ගින්න ගල්වා ඉතා කඩීම ආහරණ සෑදීමයි.

ඇත්තටම මෙම ආහරණ සෑදීම ඉතා දකින ඇති ආකාරයට වඩා තරමක් සංකීර්ණ ක්‍රියාවලියක් වන අතර එම ක්‍රියාවලියේ ආරම්භය සිදුවන්නේ ඉවත දමන ලද කඩදසි වලිනි.

ගෙලෙහි පලදින ආහරණ සෑදීමේ ආරම්භය - මේ සඳහා මූලික අදහස ජාතික මානසික සෞඛ්‍ය විද්‍යායතනයේ වෘත්තීය විකිණිසක අංශයට ලබාදෙනු ලැබුවේ එංගලන්තයේ මූලික කලා ආයතනයේ ගුරුවරයෙක් මෙහි පැමිණී අවසානයේදීය. මෙහි විශේෂත්වය වන්නේ මෙම ව්‍යාපෘතිය මගින් රෝගීන්ට මානසික සුවය මෙන්ම මුදල් ඉපයීම සඳහා ඉවතලවන වෘත්තීය නිපුණත්වයක්ද ලබා දීමයි.

ආරම්භයේදී මාල රූක් පමණක් නිමාකල නමුත් ඒවා සියල්ල උණු කැටුම් මෙන් විකිණීමේ අතර නව නවත් මාල නිපදවන ලදී. දැනට පවතින තත්වය නම්, වැඩි වැඩියෙන් මාල සඳහා ඇතිවීම් ලැබීමයි. එය ඇත්තෙන්ම සතුටුදායක අභියෝගයකි.

සියළුදෙනාගේම අදහස වන්නේ මෙම ව්‍යාපෘතිය නව නවත් දියුණුවනු ඇතිවන හා ජාතික මානසික සෞඛ්‍ය විද්‍යායතනය නව කලාකරුවන්ට මගහ නේතැන්නක් වනු ඇති බවයි.

මෙම ව්‍යාපෘතිය පිළිබඳ නව තොරතුරු නුදුරු අනාගතයේදී බලාපොරොත්තුවන්න.

தேசிய மனநல நிறுவன தாதியர் மட்டக்களப்பில் திறன்களையும் கதைகளையும் பகிர்ந்து கொண்டனர்

கடந்த மே மாதம் 11ஆம் திகதி அன்று தேசிய மனநல நிறுவனத்தின் சிறப்பு மனநல சிறப்பு வைத்தியர் கணேசன், சிறப்பு நிலை தாதி சந்தியா மற்றும் ருவாங்கனி, தாதியர் ஒன்பது பேர் மற்றும் VSO உதவியாளர் எலிசன் கீ உட்பட்டோர் மட்டக்களப்பிற்கு சென்று கிழக்கு மாகாணத்தின் தொழில்வாண்மையாளர்களை சந்தித்ததுடன் அங்குள்ள மனநல வசதிகளையும் ஆராய்ந்தனர்.

கிராமிய ஏழைகளின் (முக்கியமாக பெண்களின்) பொருளாதார மற்றும் சமூக நலன்களை விருத்தி செய்தலுக்கும் அவர்களுடைய நிறுவன ரீதியான

இயலுமையை கட்டியெழுப்புவதற்குமான நிறுவனமான மக்களின் கிராமிய அபிவிருத்தி சங்கத்தின் நிதியளிப்பின் மூலம் ஏற்பாடு செய்யப்பட்ட சுற்றுலாவாகும்.

இந்த சுற்றுலாவின் போது பல்வேறுபட்ட நோயாளர் கவனிப்பு நுட்பங்கள் பற்றியும், தொழில் பாத்திரம் மற்றும் பொறுப்புக்கள் பற்றியுமான கருத்துக்கள் பரிமாறப்பட்டன.

இந்த குழு மனநல பிரிவுகள், மறுசீரமைப்பு நிலையம், சிறுவருக்கான பாதுகாப்பு விடுதி மற்றும் உளச்சமூக நிலையம் ஆகிய இடங்களை பார்வையிட்டனர். அனைத்து இடங்களிலும் அவர்கள் மனமுமந்து வரவேற்கப்பட்டதுடன் விரைவில் கருத்துக்களையும் பகிர்ந்து கொண்டனர். இன்னும் கற்றுக்கொண்ட பாடங்கள் பல இம்முன்று நாள்கள் சுற்றுலாவில் அடங்கியுள்ளன. நோயாளர் கவனிப்பில் உதவியாளர்களினதும் குடும்ப அங்கத்தவர்களினதும் பங்களிப்பு எவ்வகையில் தமது கவனத்தை ஈர்த்தது என்பது பற்றி ஒரு தாதி தனது கருக்க அறிக்கையில் "அவர்கள் அனைவரும் கவனமெடுப்பாளர்களாக வரவேற்கின்றனர்" என்று குறிப்பிட்டுள்ளார்.

"அனைத்து செயற்பாடுகளும் சேவை பெறுனர் மூலம் மேற்கொள்ளப்பட்டது. உதாரணமாக அவர்களது உணவு தயாரிப்பு, சுத்தம் செய்தல், அறுவடை போன்றனவாகும். ஊழியர்களும் சேவை பெறுனரும் ஒரே குடும்பம் போல அந்த நிலையத்தில் வாழ்கின்றனர்" என்பது மறுசீரமைப்பு நிலையம் பற்றி மற்றொரு தாதியின் அறிக்கையில் குறிப்பிடப்பட்டுள்ளதாகும்.

குழுவின் முழு அங்கத்தவர்களும் கிடைத்த அனுபவத்திற்காக நன்றியுடையவர்களாகும் அதேவேளை, எந்த கருத்துக்களை தேசிய மனநல நிறுவனத்தின் முன்னேற்றத்திற்காக பயன்படுத்த முடியும் என்பதையும் கருத்தில் கொள்வர்.

இதோ அவர்கள் பெற்றுக்கொண்ட அனுபவத்தை பிரதிபலிக்கும் சில புகைப்படங்கள்

(புகைப்பட உதவி எலிசன் கீ)





விசாக பெள்ணமி தின விழா நாகரிகமாக கொண்டாடப்பட்டது

இந்த வருட மே மாதத்தில் கொண்டாடப்பட்ட விசாக பெள்ணமி தினமானது புத்தரின் தோற்றத்தின் 2600ஆம் ஆண்டினை குறித்து நிற்கின்றது. இச்சிறப்பு பொழுதை மேலும் சிறப்பிக்கும் வகையில் இந்நிறுவனமானது விசாக தோரணை தயாரிப்பு போட்டி ஒன்றை நடாத்தி அவற்றை பார்வையிடுவதற்காக சமூக அங்கத்தவர்களை அழைத்திருந்தது. ஊழியர்கள், நோயாளர்கள் ஆகிய இரு சாராரும் தமது முழு பங்களிப்பையும் தமது தோரணை தயாரிப்பில் ஈடுபடுத்தினர். இதோ தயாரிக்கப்பட்ட தோரணைகளும் தொடர்ந்த குதூகலமும்.



Photos courtesy of Anne Martin

School art contest raises awareness about alcohol abuse

To help mark World Anti-Narcotic Day at the end of June, school children from across Sri Lanka submitted thousands of pieces of art to the National Institute of Mental Health's (NIMH) recent art contest. The contest encouraged young people to submit paintings that showed how alcohol abuse affects their family member's lives.

The paintings sent in were outstanding and were recently displayed at the Royal College as part of an art exhibition on July 5 and 6. Awards for the most outstanding submissions will be handed out to winners in two separate age categories - junior grades 5 to 9 and senior grades 10 to 13. The winners are:

Senior

1st Prize - Shanika Buddhini Ranasinghe, Sri Sanagamiththa Balika Jathika - Pasala, Matale

2nd Prize - SV Chathuranga, St. Silvester

College - Kandy

3rd Prize - WM Kavinda Shayaman Jayarathna, Pu/Aranamaduwa Central College

Junior

1st Prize - WM Waruni Rashmila Gallela, Ku/Wayamaba Royal College - Kurunegala

2nd Prize - M Muzarry Rulfath, Pu/Fathima Balika Vidyalaya

3rd Prize - DM Kasun Sandaruwan, B/Sri Devananda Central College Meerahwaththa

"The quality and quantity of the artwork submitted was truly overwhelming. The amount of thought and feeling put into the paintings by the children showed just how big of an impact alcohol abuse has on Sri Lankan families," said Dr. Jayan

Mendis, Director of the National Institute of Mental Health. "At NIMH, we are proud to be helping promote a reduction of alcohol usage in the country, especially among our young people."

Unfortunately, statistics show that drug and alcohol use is on the rise in Sri Lanka. The hope is that contests like this one help people see the harmful effects of alcohol through the eyes of children - ultimately changing behaviour over the long term.



Support Halfway Home Mulleriyawa

A major part of NIMH is Halfway Home Mulleriyawa, a 600-bed psychiatric hospital for women from all parts of Sri Lanka.

In recent years many improvements have been made to the unit, which include: assignment of dedicated doctors, reintegrating over 200 patients back into the community and the development of various projects for the women at the home - e.g., community housing, horticulture, vocational training and elders' placement.

While great strides have been made, more work is needed and we need the community's help.

In fact, you can donate and support a whole ward by providing the basic needs for 30 to 40 residents between one and 12 months a year.

Requirements of one resident at the home per year include:

- 1 - plastic cup, plastic plate, mattress, pillow, comb, hair band, pair of slippers
- 2 - sets of day clothing, underwear and nightdress, towels, combs, hair bands, toothbrushes, tins of talc, bottles of cologne
- 12 - bars of toilet and laundry soap, tubes of toothpaste
- 52 - shampoo sachets
- Tea, sugar and milk for morning tea

You can also help by offering a one-time donation to the unit, working as a volunteer, donating equipment for the horticulture project or any other project, organizing religious or other festival celebrations, or offering employment opportunities to ladies at the unit.

To help make a difference in your community, call 0112578242 or email us at halfwayhomemulleriyawa@gmail.com.

Contact us

Waves is written and edited by the media and communications unit at the National Institute of Mental Health. Special thank you for the translation services of Dr. Nishanta Dolawaththa, Miss Fathima Shehara and Miss Thilini Wasana.

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About NIMH

The National Institute of Mental Health's mission is to put patients first. The institute plays an integral role in Sri Lanka by providing specialized psychiatric services to individuals and the community with professionalism and care, and is the centre for mental health training and research in the country.

