

## Pain Management in the Psychiatric Patient ~ A Physiotherapist's Perspective

Over the years we have identified that a number of patients who are being treated at Elim Clinic for addiction, also experience psychiatric problems (be it depression or an anxiety disorder, to name but a few). The psychiatric condition is mostly secondary to their addiction to alcohol, drug or gambling, but the symptoms can be very disturbing.

It has been established that mental pain experienced by patients with a psychiatric diagnosis often present as physical pain. Due to the habit forming nature of pain killers, we started exploring alternative ways of managing pain. Janine Moolman is a physiotherapist specialising in alternative pain management. She shared her experience and the theory on which her work is based with us during a training session. It was a valuable learning experience which led to Elim Clinic contracting the services of two physiotherapists in assisting our patients with alternative pain management.

*This is what Janine had to say:*

Patients suffering from mood disorders, like depression and anxiety often complain of physical symptoms and discomfort. These symptoms can vary from pain, like chronic headaches, to muscle stiffness and widespread aches in general. It is important to identify and understand the cause and nature of the pain in order to properly manage the problem. Pain in itself is a complex problem.

Pain in the psychiatric patient is an even greater challenge. The pain and associated symptoms are often viewed as secondary to the emotional problems. It is therefore believed that the physical symptoms will resolve spontaneously once the emotional components have been treated. Initially the pain will present as a secondary phenomenon. However, as the pain becomes chronic over a period of time, tissue changes in the area where the pain is felt will occur due to abnormal postures and movement. These tissue changes will result in biomechanical changes in the muscles, joints and nerves, resulting in pain being processed primarily by these structures. Patients often manage their pain with over-the-counter pain medication. The use of pain medication seldom produces long term pain relief and often leads to dependency. It will therefore be necessary to physically intervene in order to eliminate the physical factors that contribute to the pain.

The bio-psychosocial approach views pain as a dynamic interaction between physical, psychological and social factors. In the past the biomedical approach failed to address all the potential factors that can contribute to the cause of pain. Evidence increasingly lends support to the use of an interdisciplinary approach where multiple therapies are



provided in a co-ordinated manner, and where there is active interaction and a common philosophy that promotes active patient involvement, between participants.

The physiotherapist can play an important role in identifying the cause of the symptoms and through pain management and patient education, can have a positive effect on the patient's body and mind.

*Janine Moolman, M. PhysT (UP): Physiotherapist in private Practice, tel. 012 664 0222 ext 222*



Lindile Hlanganyane

## Congratulations and welcome

**We wish to congratulate the following staff members:**

- Lindile Hlanganyane has been promoted to Assistant Nursing Service Manager.
- Amos Lebise and his wife on the birth of their new baby girl, Vanessa Owethu.

**We welcome:**

- Corinne Lubbe who has been appointed as Registered Nurse, welcome to the team Corinne!



Corinne Lubbe



# Editorial

## Another Chance / Nog 'n Kans

You can smell it, feel it, even hear it; spring is here! The change is evident; signs of new life are everywhere. Nature explodes in shades of green, flowers are blooming in abundance; even the bird's song seems more joyful. The dust and dirt hanging in the air, are washed away by the first rains of the season, it is time to make a clean and fresh start.

Although it is almost the end of 2010, there is an atmosphere of renewed life. Maybe it has something to do with the expectation of holiday time and the festive season, but I still believe that the change in season has a positive effect on most people's state of mind. Would that be because we associate spring and summer with new life, with another chance?

Another chance to do what we always dreamed of doing, another chance to make the changes in our lives that we have been avoiding for too long, another chance to embrace the opportunities we have been too afraid to explore, another chance to quit drugging, drinking or gambling. Whatever it is in your life that you still need to do, but have not yet done, never be too sure that you will get another chance. This might not be your first chance, but it might be your last. Think about it, can we ever be certain that we will definitely get another chance or should we seize the moment and act now? Yes, I am aware that you most probably have heard these words before, possibly phrased differently, but the fact (a fact that many of us, including me, so often choose to ignore) remains that the time to make a difference is now. Tomorrow might be too late. Don't let this opportunity pass by.

In terms of addiction, the decision to take the first step towards recovery is the chance you give yourself to start a life free from drugs, alcohol or gambling. Sure, you're right; it is definitely not an easy decision to make. Both the body and mind tend to resist the change, once a



person is addicted; he can no longer function (physically or emotionally) without his drug of choice. The first step of the 12 Step Program of the AA/NA program states; "I admit that I am powerless over alcohol / drugs and that my life has become unmanageable". There is no doubt that addiction is powerful, yet despite the power of addiction, each person gets to the stage where he knows that he needs to make

that change. You know what, the best part is that you don't have to do it on your own - "I came to believe that a Power greater than myself can restore me to sanity" (second step of AA/NA 12 Step Program). "Die wat op die Here vertrou, kry nuwe krag. Hulle vlieg met arendsvlerke, hulle hardloop en word nie moeg nie, hulle loop en raak nie afgemat nie. Jes 40:31 / They that wait upon the Lord will mount up with wings like eagles. They will run and not grow weary. They will walk and not faint" (Isiah 40:31)

I am reminded of a recent telephone conversation I had with a person suffering the destructive effect of drug addiction. He was

in the prime of his life, but he was devastated; he realised that he is losing literally everything and everybody who are dear to him, including his daughter. He could not stop sobbing, he felt helpless, but he wanted to change and was willing to participate in an in-patient treatment program at Elim Clinic. That was the light in the dark tunnel of hopelessness and helplessness. The only speck of light at that stage was his willingness to take that chance, to take the first step toward his recovery, and to know that help is available.

Don't take life for granted. I conclude with one of my favourite sayings.

"Never, never, never give up hope. Where there is life, there is hope..."

- Theresa Haarhoff-Petersen (Editor)

## Elim Clinic Athletics

### ~ Club Results

Race	Date	Category	Result
Germiston Take 5 Relay	16/10/2010	Open (men)	4th place out of 35 teams
		Ladies	Gold
		Junior Men	Gold
		Cross Country	Several athletes were awarded Gauteng colors
Carnival City 10km Race	24/10/2010	Juniors	Paulos Radebe - Gold

Photo right: Action Ramaboea captain of the Elim Clinic Athletic Club and Judge Eberhard Bertelsman (president of the club) on Eberhard's birthday.





## Golf Day 2010

On 21 October 2010 at 11:00 the first two teams teed off. This was Elim Clinic's 8th golf day. We were blessed with a beautiful sunshine day, 32 teams and a lot of enthusiasm from the teams playing as well as Elim Clinic staff and Ex-Students.

Elim Clinic was privileged to share this fun filled day with many friends, who have become like an extended family.

We would like to take this opportunity to thank all the teams that participated, the sponsors and everyone that made this day possible.

The proceeds of the golf day are used to make treatment accessible for underprivileged individuals and to support the Elim Clinic Athletic Club. The Club is a development initiative and consists of 25 young people from Tembisa.

Thank you all without you we would not have been able to make this day a success.

For those of you who missed out this year, don't despair. The date for next year has already been set. So, get out your diary and book the **20 October 2011**.

Hope to see all of you there next year!

- Charlene Taljaard, Therapist



*Golf day, winning team (above)*

*The members of the winning team: Frikkie van Schalkwyk, Linda van Schalkwyk, Engela van Dyk and Antoon van Dyk from Secundes Accountants.*

*The winning prize was sponsored by Uitkykveismark, Pretoria.*

## Methadone

### - an alternative treatment for heroin addiction

Heroin addiction is a common phenomenon all over the world, and the incidence of heroin addiction in South Africa has increased at an alarming rate over the past two years.

International research indicates that the use of methadone, a synthetically manufactured drug, has a long history of efficiency as an alternative for the treatment of heroin addiction.

At Elim Clinic we believe that each individual deserves another chance, an opportunity to come clean and recover from addiction (whether it is alcohol, drug or gambling addiction). Methadone detoxification and Methadone Maintenance Treatment (MMT) offers the person addicted to heroin that change, an opportunity he might otherwise not have had.

Methadone was registered in South Africa in December 2009. Elim Clinic is excited to announce that in August 2010 we began applying Methadone detoxification and MMT as alternative treatment to patients who meet the criteria for this specific treatment.

Methadone is not a cure for heroin addiction, but it enables a person who has become dysfunctional, due to heroin addiction, to be functional again.

**Why methadone?** - These are some of the reasons why Methadone is the preferred treatment for heroin addiction:

- Acute heroin withdrawal symptoms are prevented in that methadone stabilises the patient physically and emotionally
- Methadone stabilises a patient's endorphin levels, which enables the person to feel more comfortable and to function normally without using heroin.
- Methadone stabilises the changes that occur in the brain when a person uses. It therefore relieves the cravings associated with heroin withdrawal, and gives the person a better chance of recovery.
- Methadone is a long acting opiate and therefore dispensed only once a day, which is more practical, especially with MMT.
- Methadone Maintenance Treatment (MMT) reduces morbidity and mortality associated with heroin addiction.
- MMT has higher retention rates than other treatment modalities.

For further enquiries, or to make a booking for treatment, contact us at the telephone number or email address provided at the end of the newsletter.

- Susan van Niekerk, Senior Therapist

# Re-Group a Recovery Support Group

Re-Cover

Re-Store

Re-Focus

For Anyone who is on a journey of recovery from:

- Trauma
- Abuse
- Bad habits
- Loss or grief

- Various addictions
- Alcohol - Medication
- Drugs - Gambling
- Porn

Every Thursday night at Kaleideo City Campus  
(Willow St, Kempton Park.)  
18:30 - 20:00 sharp.

We focus on life-coaching strategies that address the physical, emotional, spiritual and relational areas of your life.

Your significant others are also welcome to attend.

Phone Rob at 0721246341 or Natascha at 0827193082  
for more information or email [community@kaleideo.co.za](mailto:community@kaleideo.co.za)  
Find us on Facebook! Re-Group Support

Re-Group is a recovery support programme for people recovering from addiction, and/or trauma, loss and depression (to name a few). The significant others are welcome to join the meetings. It is an excellent way to bridge the gap between initial treatment, whether at a rehab centre or psychiatric clinic, and full recovery. Recovery is after all a life long process.

The main aim of Re-Group is to offer support and assistance in terms of establishing a balanced and safe living environment, and reintegration into society. The Re-group program focuses not only on the social aspect of a person's life, but includes the spiritual, emotional, vocational and relational areas as well.

Re-Group meets on a weekly basis. The content of meetings varies from coaching lectures, spiritual groups, and discussion groups to social events. Spontaneous support and accountability are encouraged and one on one sessions can be arranged as the need arises.

Re-Group is not a replacement for weekly aftercare meetings at Elim Clinic, but rather complementary to aftercare. Anyone on the journey to recovery is welcome to attend this exciting and dynamic group. You can also participate on facebook! Find us under Re-Group Support

- Natascha Gips, Pastoral counsellor at Elim Clinic

You can contact Natascha at 082 719 3082 or email [community@kaleideo.co.za](mailto:community@kaleideo.co.za)



## HR Expo

During the month of October 2010, Elim Clinic took part in the HR Expo held at Sandton Convention Centre. Thank you to everyone who visited our stand and who participated in our competition. The winner of the competition, was Cisca Adamson from SAIC Olivetti (suppliers of printers and copiers).

*Congratulations Cisca (left), and thank you for your participation.*



## In Memorium

Ons geliefde oud-kollega, Hennie Potgieter is op 21 Oktober 2010 oorlede. Hennie was 'n volle 30 jaar lank aan Elim Kliniek verbonde.

Ons innige simpatie aan sy geliefdes Julie, kinders en kleinkinders.

- Elize Smith, MD

## Chances...

To have faith is to believe and hope in something we cannot see. To take a chance is in my opinion very much the same, because we are unable to see what the outcome might be. People recovering from alcohol addiction tend to be masters on taking chances. Am I generalising? Yes, I am for the purpose of this exercise. I am an alcoholic in recovery, and we are very much the same.

Early in my life I took a chance with alcohol. Why? Well, everybody did. The outcome was great; it opened a new life to me, it offered me everything I wanted to be (or so I thought).

So, I made a choice to take more chances, because I am a chancer and I loved it. I and Mr Alcohol became big buddies. It was like the ABBA song, "take a chance on me, honey I'm still free...", but with my luck the freedom was short lived. Very soon I was caught up in a self-made prison of fear, shame, envy, resentment and the opposite outcome of what I expected my chance would bring. I realised that chances are that I might have a drinking problem.

My choice of chances became few.

Last chance, seek help! Who me? This time it is for real!

I took a chance on Elim Clinic more than a decade ago. The best chance I ever took!

Will I ever take a chance to take a drink again? If I say never I am setting myself up for failure. If I say not for today my chances are good that I might succeed, and with the help of the God of my understanding, the skills I acquired at Elim Clinic, willingness, honesty and an open mind, I am sober for today... and that was the only chance I needed to try to be the best me I have ever been.

Take a chance on recovery by accepting the help that is available, trust me... it's worth it, **you're worth it!**

*By an ex-patient of Elim Clinic who refers to himself as the "Happy Alkie". Taking it one day at a time he has been sober and in recovery from alcohol addiction for 11 consecutive years.*



133 Plane Road, Kempton Park  
PO Box 88, Kempton Park  
Email [info@elimclin.co.za](mailto:info@elimclin.co.za)  
Tel 011 975 2951  
Fax 011 970 2720  
[www.elimclin.co.za](http://www.elimclin.co.za)



Meet us on Facebook  
Elim Clinic is on Facebook, meet us there  
and share a few thoughts.