

Annual Report 2014

(January 2014–December 2014)

Central Institute of Psychiatry, Kanke, Ranchi

Central Institute of Psychiatry (CIP), Ranchi functions under the aegis of the Directorate General of Health Services & the Ministry of Health & Family Welfare, Government of India. Established nearly a century ago by the British during the Raj in 1918, the hospital originally went by the name of Ranchi European Lunatic Asylum. Care was restricted to European patients and the hospital was run by the Government of Bihar. Initially, the total bed capacity was 174 patients (92 male beds, 82 female). In 1922 management was entrusted to a Board of Trustees which comprised various participating state governments and the hospital was rechristened as European Mental Hospital. In the same year, the hospital was affiliated to the University of London for the Diploma in Psychological Medicine examination, earning it the distinction of being the first institute to impart post-graduate training in psychiatry in India. The name of the hospital was changed to Inter-Provincial Mental Hospital (in 1948) after India achieved independence, only to be changed again to Hospital for Mental Diseases in 1952. The Board of Trustees was disbanded in 1954, management now being taken up by the Ministry of Health and Family Welfare, Government of India. In 1977 the hospital was given the status of an institute and was consequently given its present name i.e., Central Institute of Psychiatry.

The campus of the Institute is spread over 210 acres. It has a current capacity of 643 beds. Certain beds are reserved for patients who have been sponsored by the Central Government, some State Governments, Coal India and the Railways. There are a total of 15 wards (9 male wards & 6 female), an emergency ward and a family unit. Each ward is at a suitable distance to other wards and surrounded by manicured lawns and well-laid roads. Patients are not kept confined and can walk about within the hospital. Drug therapies form only a part of treatment along with various psychotherapies, behavioral therapy, group therapy and family therapy. A milieu therapy approach is practiced – patients participate in running the ward and help in looking after other patients. Along with mental health, physical fitness is emphasized too – patients take part in regular physical exercises, yoga, outdoor as well as indoor games to keep them physically fit. Patient care, research and manpower development remain the major objectives of the Institute.

The Institute provides services for acutely ill psychiatric patients, including those requiring care for concurrent medical disorders. 4150 patients (3458 males and 692 females) were admitted. 4166 patients were discharged (3478 males and 688 females). The average bed occupancy during the specified period was 82.3%.

A child guidance clinic was started at the Institute in 1950 and an independent 50-bedded child psychiatry unit in 1975. This unit imparts training to resident doctors and postgraduate students in the field of child and adolescent mental health. It caters the needs of psychotic children, children with developmental disorders and mental retardation. Parents are required

to stay with their children for the duration of the treatment. 7730 patients (2094 new cases and 5636 follow-up cases) attended the outpatient department (OPD) for treatment. There were a total of 190 admissions and 182 discharges during the period under report.

The Institute has a modern S.S. Raju Centre for Addiction Psychiatry with a capacity of 60 patient beds for the treatment of persons suffering from alcohol & drug related problems. It is also the nodal centre in eastern India for manpower training and research in the field of alcohol and drug abuse. 1092 patients were seen in the OPD in the De-addiction Clinic; 763 patients received admission in the De-addiction Centre while 756 were discharged.

The total number of cases seen on an outpatient basis was 73,509 (26,064 new cases & 47,445 follow-up cases) [*including all psychiatry cases (Adult & Child), Staff OPD, Extension Clinics, Skin Clinic & Psycho-social OPD*]. The total number of new psychiatry cases seen were 14387 (9886 males & 4501 females) while 45223 psychiatry follow-up cases were seen during this period (32972 males & 12251 females).

The Institute runs Extension Clinics which include the General Psychiatry Clinic at West Bokaro, Hazaribagh, Chandan Kiari, Bokaro, School Mental Health Programme, Deepshikha Clinic as well as the Epilepsy Clinic at Deepshikha, Ranchi. Regular camps, awareness programmes, workshops with teachers and parents are also conducted at these extension clinics. School mental health programmes are being run in two schools through the outreach programme. The case-load in the extension clinics was 2058.

The Institute runs a number of special clinics: The Chronic Schizophrenia Clinic, Skin & Sex Clinic, Neurology Clinic, Sleep Clinic, Epilepsy Clinic, Staff OPD, Headache Clinic, De-addiction Clinic, Child Guidance Clinic, Mood Clinic & Obsessive-Compulsive Disorder (OCD) Clinic. Total attendance of patients in special clinics was 20632.

The Clinical Psychology department at the Institute is the oldest independent department of Clinical Psychology in India. In 1962 a teaching course in Clinical Psychology – Diploma in Medical and Social Psychology was begun (this course is now known as M.Phil. in Clinical Psychology). The course of Ph.D. in Clinical Psychology was started in 1972. At present, there are 12 seats in M. Phil (Clinical Psychology) and 4 seats in Ph.D. (Clinical Psychology). The departmental faculty includes 6 assistant professors, 1 clinical psychologist, 2 assistant psychologists and 1 laboratory assistant.

There is a separate outpatient unit of the department which is called the Psycho-Social Unit (PSU). The PSU either gets referrals from the general OPD of the Institute or else individuals can come straight to the PSU and seek help for their psychological problems. The PSU caters to the needs of those patients who suffer from minor psychological problems and who can be managed exclusively by psychological methods such as counseling, behaviour therapy, biofeedback, relaxation therapy etc. 1383 patients were assessed and 2393 therapies were carried out by the department.

The clinical psychology laboratory (a first in the country), is equipped with various psychological tests, rating scales, instruments and apparatus which aid in the diagnosis and

assessment of patients. The Department is actively engaged in academic and research activities in the field of mental health.

The department of psychiatric social work came into existence in the decade of the 1950s although family psychiatry can be dated back to 1922. The Institute began the course of *Diploma in Psychiatric Social Work (DPSW)* in the year 1970. In 1985 this course was upgraded to *M.Phil. in Psychiatric Social Work*. At present, 12 seats are available for M. Phil trainees. The Department is actively engaged in academic and research activities in the field of mental health. 1611 therapies were carried out by the department.

The Department of Nursing Service provides quality nursing care to inpatients as well as outpatients. The Nursing Education section of the Institute is responsible for training nurses to obtain the Diploma in Psychiatric Nursing (DPN) and giving clinical nursing experience to visiting nurses. The Number of visiting nurses who received training is as follows:

- M.Sc. in Psychiatric Nursing – 82
- General Nursing and Midwifery (GNM)/ANM-624
- B.Sc. Nursing-238.
- DPN-06

The Institute currently offers Occupational Therapy (OT) to adults as well as child and adolescent in patients with either acute psychiatric illness or severe and enduring mental health problems. Inpatients attend OT daily in both the pre- and post-lunch sessions. They are allocated work in the various sections according to their abilities and aptitude. About 50 male patients and 35 female patients attend OT daily. The department also has a well-equipped and modern physiotherapy unit. The OT department is also involved in training medical as well as non-medical professionals such as psychiatry residents, clinical psychologists, psychiatric social workers and psychiatric nurses in various aspects of occupational therapy and rehabilitation.

The Centre for Cognitive Neurosciences was originally established in 1948, when it was known as the Electroencephalography (EEG) Department. The EEG Department initially had a 6 channel and then an 8 channel electro encephalograph machine. It is now called the Centre for Cognitive Neurosciences.

At present, the Centre has two sections – a clinical section and a research section. The *clinical section* possesses a 21 channel paper electro encephalogram, a 32 channel quantitative electro encephalogram and a 40 channel video electro encephalogram as well as equipment for recording an electromyogram (EMG), nerve conduction velocity (NCV), brainstem auditory evoked response (BAER) and the galvanic skin response (GSR). The *research section* possesses Dense Array EEG acquisition systems (64, 128 and 192 channels), Evoked Response Potential (ERP) acquisition units (40 channels), a 40 channel polysomnography (PSG) unit and a repetitive Transcranial Magnetic Stimulation (rTMS) unit. The Centre has acquired advanced signal processing software such as Advanced Source

Analysis (ASA), Brain Electrical Source Analysis (BESA) etc. Total no. of tests done were 4637.

The Department of Pathology and Biochemistry is equipped to perform tests of clinical pathology, microbiology, bacteriology, biochemistry, serology and immunology. The Centre performs these tests for both clinical as well as research purposes. Total no. of investigation done were 177778.

The first X-ray machines in the Ranchi city was installed at this Institute. The department has 16 slice CT Scan, 300 MA Digital X-ray, Cranial Doppler and Ultrasound Machine. A very modern radiology department with facility for sophisticated cerebral angiography, pneumoencephalography, air ventriculography, myelography etc. Total no. of investigations done were 3373.

A 24 hours emergency service is available in the OPD of the Institute. The bed strength of the Emergency Ward is 16 patients (8 male beds and 8 female beds). A total of 3197 patient's availed emergency services.

The Institute has been running a toll-free telephone counseling service – the CIP Helpline – since 2001. The Institute also provides an e-counseling service. During the period under report, 1019 general helpline calls, 09 Suicide helpline calls and 169 e-mails were received and attended.

Case conferences, Seminars, Journal Clubs were held regularly. 29 seminars, 33 case conferences, 25 journal clubs were held.

ACHIEVEMENTS IN 2014.

- ❖ 210 Bedded men's hostel & 15 married resident flats have been added and allotted.
- ❖ Installation of underground electric cables and development of lawns in the Institute has progressed apace.
- ❖ 302 Print Journals, 655 e-Journals have been subscribed and purchasing of books is under process.
- ❖ 83 new e-books have been added in library's e-books database during the said period.
- ❖ Color photocopier cum scanner cum printer has been included in the library's Reprographic section.
- ❖ Alito-match Hematology analyse & Chemiluminescent analyser have been installed in the Deptt. of Pathology & Biochemistry.
- ❖ Master plan for CIP Campus and an architectural drawing of new hospital has been submitted to Dte.GHS/ MoH&FW, New Delhi for approval.
- ❖ Neuro-Navigational system for rTMS has been installed for patient care services.
- ❖ CME on "Burden of Schizophrenia: Stigma & Challenges" was organized on 17th May, 2014 (Foundation Day).
- ❖ Three day Workshop on "Suicide: Early Identification & Prevention" Under Continuing Programmes for Promotion of Mental Health was organized on 21st to 23rd July, 2014.

- ❖ In Service Training Programme for Nursing Staff & Ward Attendants was organized on 21st July to 25th July 2014.
- ❖ Play therapy and multisensory stimulation rooms were added to Department of Child & Adolescent Psychiatry on 15.08.14.
- ❖ The Fourth “National capacity building-training of doctors on substance use disorders” workshop was held at the Central Institute of Psychiatry from 19th August to 28th August, 2014. Participants were from Govt. Doctors of West Bengal and Bihar State.
- ❖ One day workshop for school teachers on “Early Identification & Prevention of Psychological Issues in School Going Children” was organized on 22th of August, 2014. 148 teachers participated in the workshop.
- ❖ One Day Workshop for Students on “Mental Health & Well-Being” was organized on 28th of August, 2014. 150 students participated in the workshop.
- ❖ New Extension Clinic at Chandan Kiari, Bokaro was added this year.
- ❖ “Hindi Pakhwara” has been celebrated during the 01.09.2014 to 15.09.2014 by the Rajbhasha Karyenvayan Samiti of the institute.
- ❖ In Service Training Programme for Nursing Staff & Ward Attendants was organized on September 22nd to 26th, 2014.
- ❖ Swachh Bharat Abhiyan (Campaign Clean India) was started from 02nd October 2014.
- ❖ World Mental Health Day on 10th October 2014, Theme: Living With Schizophrenia. Awareness program for caregivers and patients on “Early Identification and treatment of schizophrenia” in OPD (around 250 participants).
- ❖ The Indian Epilepsy Association, Ranchi Chapter observed National epilepsy day on 17th of November 2014 and an awareness program was held on 17th and 20th of November 2014 at the general OPD and epilepsy clinic at Central Institute of Psychiatry, Ranchi respectively which was attended by 400 participants including patients and their caregivers.
- ❖ “National capacity building-training of doctors on substance use disorders” workshop was held at the Central Institute of Psychiatry from 9th December to 18th December, 2014 for 11 participants from State of Jharkhand, Bihar & West Bengal.
- ❖ Annual CME on Childhood Epilepsy was organized on 6th December 2014 at Central Institute of Psychiatry in collaboration with Indian Epilepsy Association Ranchi Chapter. There were around 160 delegates who participated in the event.
- ❖ RTTC, CIP RANCHI Refresher Training Doctors and Nurses of Orissa, Bihar, West Bengal & Jharkhand from 23rd to 25th June 2014.
- ❖ 33 research papers published in international and national journals.
- ❖ 25 research papers presented in international and national conferences.
- ❖ 02 awards were won at the Annual Conference of Indian Psychiatry Society.
- ❖ 01 award was won at Annual Conference of Indian Psychiatry Society, Jharkhand State Branch.

BUDGETARY PROVISION FOR THE 2014

(Rs.in thousands)

FINANCIAL YEAR		PLAN				NON-PLAN			
		BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDITURE	BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDITURE
2013-14	Revenue	160000	153300	160600	161800	310000	315000	318800	318200
	Capital	340000	259800	350000	180500	--	--	--	--
Total		500000	413100	510600	342300	310000	315000	318800	318200
2014-15	Revenue	160000	169500	158100	156716	350000	378900	375700	374857
	Capital	240000	328300	150600	149200	--	--	--	--
Total		400000	497800	308700	305916	350000	378900	375700	374857



THE OLYMPUS AU400 AUTOMATED BIOCHEMISTRY



MAGSTIM STIMULATOR



A PATIENT UNDERGOING A CT SCAN IN THE 16-SLICE WHOLE BODY CT SCANNER



NEURONAVIGATED TMS



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