

## Annual Report 2015

(January 2015–December 2015)

### **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. 4274 patients (3500 males and 774 females) were admitted. 4250 patients were discharged (3481 males and 769 females). The average bed occupancy during the specified period was 83.3%.

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. 7989 patients (2174 new cases and 5815 follow-up cases) attended the outpatient department (OPD) for treatment. There were a total of 216 admissions and 215 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. 1122 patients were seen in the OPD in the De-addiction Clinic; 736 patients received admission in the De-addiction Centre while 705 were discharged.

The total number of cases seen on an outpatient basis was 77,431 (25,014 new cases & 52,417 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 15320 (10371 males & 4949 females) while 49568 psychiatry follow-up cases were seen during this period (34808 males & 14760 females).

The Institute runs Extension Clinics which include the General Psychiatry Clinic at West Bokaro, Hazaribagh, Chandan Kiari, Bokaro, School Mental Health Programme, 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 3235.

**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, Geriatric Clinic & Obsessive-Compulsive Disorder (OCD) Clinic. Total attendance of patients in special clinics was 19215.

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. 1575 patients were assessed and 1569 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.

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 – 48
- General Nursing and Midwifery (GNM)/ANM-659
- B.Sc. Nursing-529
- DPN-04.

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 6737.

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 183943.

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 3720.

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 3492 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, 634 general helpline calls, and 81 e-mails were received and attended.

Case conferences, Seminars, Journal Clubs were held regularly. 32 seminars, 31 case conferences, 24 journal clubs were held.

#### **ACHIEVEMENTS IN 2015.**

- ❖ 562 Journals have been subscribed and 2710 books purchased.
- ❖ Hon'ble President of India's addressed faculty and students over video-conference through NKN on 19<sup>th</sup> January 2015.
- ❖ RTTC, CIP RANCHI Hands on Training for the Staffs of OST Center Patliputra Medical College, Dhanbad, Jharkhand, Calcutta National Medical College & Hospital, West Bengal was held on 27<sup>th</sup> January 2015.
- ❖ One day workshop was conducted on Mental health awareness for community volunteers organized by Women and Child Welfare Department, Varanasi on 16<sup>th</sup> February 2015.
- ❖ RTTC, CIP RANCHI Induction training program of doctors and nurses on HIV IDUs" was held at the Central Institute of Psychiatry, Kanke, Ranchi from 26<sup>th</sup> February to 2<sup>nd</sup> March, 2015 with 16 doctors and nurses representing states of Orissa, Chhattisgarh, Jharkhand and Bihar.
- ❖ CME on "Common Psychiatric Problems" was conducted on 21<sup>st</sup> March 2015 at West Bokaro.
- ❖ 54 admissions in various courses run at this Institute.
- ❖ World Autism Awareness Programme was organized on 29<sup>th</sup> April 2015
- ❖ CME on "Dignity in Mental Health" was organized on 17<sup>th</sup> May, 2015 (Foundation Day).
- ❖ Schizophrenia Awareness Programme was organized on 28<sup>th</sup> May 2015.
- ❖ The Alumni Association of Central Institute Psychiatry had organized 06 One Day Workshops on May for Teachers of Senior Secondary Schools of the city of Ranchi.
- ❖ International Yoga Day was celebrated on 21<sup>st</sup> June 2015.
- ❖ A CME on Child and Adolescent Psychiatry was organized at Rewa on 17<sup>th</sup> August 2015.

- ❖ In Service Training Programme for Nursing Staff & Ward Attendants was organized on 21<sup>st</sup> to 28<sup>th</sup> September 2015.
- ❖ “Hindi Pakhwara” has been celebrated during the 1<sup>st</sup> to 14<sup>th</sup> September by the Rajbhasha Karyenvayan Samiti of the institute.
- ❖ 33 research papers published in international and national journals.
- ❖ 57 research papers presented in international and national conferences.
- ❖ 01 award was won at Annual National Conference of Indian Psychiatric Society (ANCIPS 2015) at Hyderabad.
- ❖ Asha award was won at Annual Conference of Indian Association of Biological Psychiatry.
- ❖ 02 awards were won at Annual Conference of Indian Psychiatry Society, Jharkhand State Branch.
- ❖ National Mental Health Survey (NMHS) was started.
- ❖ RTTC, CIP RANCHI OST Induction Training Programme for the OST Staffs on Implementing Opioid Substitution Therapy (OST) was held at the Central Institute of Psychiatry, Kanke, Ranchi from 24<sup>th</sup> to 28<sup>th</sup> August 2015 with 28 doctors and nurses representing states of Odisha, Bihar, West Bengal and Jharkhand.
- ❖ RTTC, CIP RANCHI Induction training program of doctors and nurses on HIV IDUs” was held at the Central Institute of Psychiatry, Kanke, Ranchi from 7<sup>th</sup> to 11<sup>th</sup> September, 2015 with 16 doctors and nurses representing states of Orissa, Chhattisgarh, Jharkhand and Bihar.
- ❖ World Mental Health Day was celebrated on 09<sup>th</sup> October 2015, Theme: Dignity in Mental Health. Awareness program for caregivers and patients in OPD.
- ❖ Seminar on History of Psychiatry was organized on 17<sup>th</sup> November 2015
- ❖ The Indian Epilepsy Association, Ranchi Chapter observed National epilepsy day on 23<sup>rd</sup> of November 2015 and an awareness program was held on 23<sup>rd</sup> and 26<sup>th</sup> of November 2015 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.
- ❖ The Indian Epilepsy Association, Ranchi Chapter Annual CME was organized on the 9<sup>th</sup> December 2015, the theme “Psychiatric consequences of epilepsy”.
- ❖ A CME was held on 29<sup>th</sup> December 2015 at Central Institute of Psychiatry (CIP), Ranchi, Jharkhand. The CME was held on the occasion of farewell to Prof. S. Haque Nizamie, Ex Director Central Institute of Psychiatry. Attended by about 120 DELEGATES.
- ❖ 03 awards were won at Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2015) at the NEGRIMS, at Shillong.
- ❖ 03 awards were won at The Centenary Conference on Psychology, Departments of Psychology & Applied Psychology, University of Calcutta.
- ❖ Robotized Coil Positioning System – 01 No.
- ❖ Ultra-light Portable 32 Channel – EEG Machine – 01 No.
- ❖ 40/128 Channel Digital Video EEG System with ERP Acquisition and Analysis – 01 No.
- ❖ EEMAGINE Software (6 Users Window based) – 01 No.
- ❖ ASA Software (5 Users Window based) – 01 No.
- ❖ MATLAB Software Version 10.00 or latest (5 Users Window based) – 01 No.
- ❖ ENDNOTE Software latest version (5 Users window based) – 01 No.

- ❖ 40 Channel Video Polysomnography System – 01 No.
- ❖ 40-Channel Wireless Digital Video EEG System – 01 No.
- ❖ Ultra Brief Pulse ECT Machine – 01 No.
- ❖ Erythrocyte Sedimentation Rate Analyzer – 01 No.
- ❖ Urine Chemistry Analyzer Machine – 01 No.
- ❖ Na, K, Li Analyzer with Auto Sampler – 02 Nos.
- ❖ Automated Bio-Chemistry Analyzer – 01 No.
- ❖ CCTV Surveillance System – 01 No.
- ❖ Incinerator Machine (Diesel Operated) – 01 No.
- ❖ 128 Channel-TMS-EEG System (Make: Advanced Neuro Technology B.V. Model: Eego Mylab 128 Channel) – 01 Set.
- ❖ Air Compressor Machine (Make: Nimpra Equipments Pvt. Ltd., Model: NPSKT-30 (3 HP) – 01 No.
- ❖ Automated Elisa Analyser (Make: Delta Biological, S.R.I., Italy, Model: MAGO-4) – 01 Set.
- ❖ Co2 type fired-extinguisher, Capacity: 4.5 Kg (Make: M/s Ceasefire Industries Limited, Deasefire Industries Limited, Dehradun) – 09 Nos.
- ❖ ABC Type MAP-90 fire extinguisher capacity: 6 Kg (Make: M/s Ceasefire Industries Limited, Dehradun) – 151 Nos.
- ❖ HFC-236 Clean agent stored pressure type fire extinguisher, Capacity: 2 Kg (Make: M/s Ceasefire Industries Limited, Dehradun) – 14 Nos.
- ❖ Urine Chemistry Analyzer Machine (Make: YD Diagnostics, Model: Uriscan Optima) to be installed at Pathology Department of this Institute (as per details of tenderer quotation) – 01 Set.
- ❖ Digital ECG Stress Test System (Make: Schiller Healthcare India Pvt. Ltd., Model: Cardio VIT CS-20) to be installed at LP Verma Ward of this Institute (as per details of tenderer quotation).
- ❖ Biofeedback-Neurofeedback System (Make: Thought Technology Ltd., Model: Procomp Infinity 8 Channels) (as per details of tenderer quotation) to be installed at SS Raju Ward this Institute.
- ❖ Unified Web-Scale Discovery Tool (The Summon Service).

### **BUDGETARY PROVISION FOR THE APRIL 2015–DECEMBER 2015**

*(Rs.in thousands)*

FINANCIAL YEAR		PLAN				NON-PLAN			
		BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDITURE	BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDITURE
2014-15	Revenue	160000	169500	158100	156716	350000	378900	375700	374857
	Capital	240000	328300	150600	149200	--	--	--	--
<b>Total</b>		<b>400000</b>	<b>497800</b>	<b>308700</b>	<b>305916</b>	<b>350000</b>	<b>378900</b>	<b>375700</b>	<b>374857</b>
2015-16 Up to Dec. 2015	Revenue	195000	176450	--	117948	400000	417426	--	252578
	Capital	305000	275000	--	64279	--	--	--	--
<b>Total</b>		<b>500000</b>	<b>451450</b>	<b>--</b>	<b>182227</b>	<b>400000</b>	<b>417426</b>	<b>--</b>	<b>252578</b>



THE OLYMPUS AU680 AUTOMATED BIOCHEMISTRY



MAGSTIM STIMULATOR



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



NEURONAVIGATED TMS



CENTRAL INSTITUTE OF PSYCHIATRY, RANCHI

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