

Annual Report 2016
(January 2016–December 2016)

Central Institute of Psychiatry, Kanke, Ranchi

Central Institute of Psychiatry (CIP), Ranchi functions under the aegis of the Directorate General of Health Services and the Ministry of Health and 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. There are 15 wards (9 male wards and 6 female wards), 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. Till 31st December 2016, 4307 patients (3543 males and 764 females) were admitted. 4229 patients were discharged (3486 males and 743 females). The average bed occupancy during the specified period was 82.9%.

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 to the needs of psychotic children, children with developmental disorders and mental retardation. Patients are required to stay with their guardians for the duration of the treatment. Till 31st December 2016, 10393 patients (2249 new cases and 8144 follow-up cases) attended the outpatient department (OPD) for treatment. There were a total of 204 admissions and 198 discharges during the period under report.

The Institute has a modern Centre for Addiction Psychiatry with a capacity of 60 patient beds for the treatment of persons suffering from alcohol and 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. 1174 patients were seen in the OPD in the De-addiction Clinic; 651 patients received admission in the De-addiction Centre while 663 were discharged.

Till 31st December 2016, number of cases seen on outpatient basis were 84,647 (26,723 new cases and 57,924 follow-up cases) [*including all psychiatry cases (Adult and Child), Staff OPD, Extension Clinics, Skin Clinic and Psycho-social OPD*]. The total number of new psychiatry cases seen till 31st December 2016, were 16041 (10933 males and 5108 females) while 53627 psychiatry follow-up cases were seen during this period (38233 males and 15394 females).

The Institute runs Extension Clinics which include the General Psychiatry Clinic at West Bokaro, Hazaribagh, Chandankiari, 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 community outreach services programme. The case-load in the extension clinics till 31st December 2016 was 4055.

A number of special clinics are being run in the institute namely Chronic Schizophrenia Clinic, Skin and Sex Clinic, Neurology Clinic, Sleep Clinic, Epilepsy Clinic, Staff OPD, Headache Clinic, De-addiction Clinic, Child Guidance Clinic, Mood Clinic, Geriatric Clinic and Obsessive-Compulsive Disorder (OCD) Clinic. Till 31st December 2016, total attendance of patients in special clinics was 20707.

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 1 associate professor, 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. Till 31st December 2016, 1247 patients were assessed and 1551 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 psychiatric social work and allied fields. The departmental faculty includes four assistant professors, 1 senior psychiatric social worker and 1 junior psychiatric social worker.

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 – 96
- General Nursing and Midwifery (GNM)/ANM-782
- B.Sc. Nursing-784
- DPN-04

The Institute currently offers Occupational Therapy (OT) services 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) and Clinical Neurophysiology 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 02 nos of 32 channel quantitative electro-encephalogram systems 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, 192 and 256 channels), Evoked Response Potential (ERP) acquisition units (40 channels), a 40 channel polysomnography (PSG) unit and a full-fledged Transcranial Magnetic Stimulation (rTMS) unit which boasts to have the most advanced technology in the country with Neuro-navigation and robotized system. The Centre has acquired advanced signal processing software such as Advanced Source Analysis (ASA), Brain Electrical Source Analysis (BESA) etc. Till 31st December 2016, total no. of tests done were 5644.

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. Till 31st December 2016, total no. of investigation done were 2,04,348.

The first X-ray machine in Ranchi city was installed at this Institute. The department has 16 slice CT Scan, 300 MA Digital X-ray, Cranial Doppler and Ultrasound Machine. The department is soon getting a state of art 3 Tesla functional MRI unit (fMRI) which is currently under installation. Till 30th September 2016, total no. of investigations done were 4533.

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 3785 patient's availed emergency services till 31st December 2016.

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, 544 general helpline calls, and 114 e-mails were received and attended.

Case conferences, Seminars, Journal Clubs are held regularly. 37 seminars, 38 case conferences, 29 journal clubs were held till 31st December 2016.

ACHIEVEMENTS IN 2016

1. Health Mela at Chandankiyari was organized on 17th-18th January 2016.
2. The 15th review meeting of Regional Directors (RDs) of Regional Offices of Health and Family Welfare (ROFH & W) was held on 21st- 22nd January 2016 at Central Institute of Psychiatry (CIP), Ranchi, Jharkhand.
3. Yoga Classes for patients were started from 01st February 2016.
4. Annual Sport was held on 10th -11th February 2016.
5. Continuing Nursing Education Programme was organized on 15th, 17th, 19th February 2016
6. CME on “Living with Mental Illness: Burden and Burnout” was organized on 17th May, 2016 (Foundation Day).
7. The institute observed the special fortnight- Swachhta Drive during the period from 23rd May - 06th June 2016.
8. International Yoga Day was celebrated in the institute. On 20th June an awareness programme was organized in OPD waiting hall on the topic “Usefulness of Yoga in Mental Health” for patients and caregivers on 21st June 2016
9. Awareness Camp cum Mobile Court was organized by Jharkhand State Disability Commission on 27th August 2016.
10. Awareness Program for Dementia was conducted on 23rd September 2016.
11. “Hindi Pakhwara” has been celebrated during the 1st-14th September by the Rajbhasha Karyenvayan Samiti of the institute. This year first issue of Hindi magazine “Vartika” was also released.
12. World Mental Health Day was celebrated on 07th October 2016.
13. 16th Annual Conference of the Indian Psychiatric Society, Jharkhand State Branch- JASCON 2016 at Central Institute of Psychiatry, Kanke, Ranchi was held on 22nd October 2016.

14. Observance of Vigilance Awareness Week 31.10.16-05.11.16.
15. Constitution Day was observed on 26th November 2016.
16. 02 Continuing Nursing Education Program Nursing Staff on Nursing Management on 1st to 3th November 2016 and Nursing Staff 22st to 24th November 2016, 01 Ward Attendants on Patients Care on 25st to 26th November 2016.
17. The Indian Epilepsy Association, Ranchi Chapter observed National epilepsy day on 17th of November 2016 and an awareness program was held on 17th 2016 at epilepsy clinic at Central Institute of Psychiatry, Ranchi.
18. 53 admissions took place in various courses run at this Institute during the academic year 2016-2017.
19. 03 awards were won at 68th Annual National Conference of Indian Psychiatric Society at Bhopal (ANCIPS 2016) by students of the institute.
20. National Mental Health Survey (NMHS) was completed.
21. 02 awards were won at Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2016) at Kalimpong.
22. 02 awards were won at Annual Conference of Indian Psychiatry Society, Jharkhand State Branch (JASCON 2016).
23. 129 national, international research papers and book chapters were presented and published till 31st December 2016.
24. K S Mani CCN acquired state of art equipment including Transcranial Magnetic Stimulation-Electroencephalography (TMS-EEG) and functional Near Infrared Spectroscopy (fNIRS).
25. Ultra-Brief Pulse ECT Machine was acquired.
26. Quadra Pulse Stimulation System (QPS) acquired at K S Mani CCN.
27. Portable 64-channel EEG Recording, Acquisition and Analysis software acquired at K S Mani CCN.
28. Premium-End Colour Doppler Ultrasound System acquired at Department of Radiology.
29. Vegetable Washer machine, Dish Washer Machine acquired in Kitchen.
30. Replacement of parts of Entire Solar Packages done.
31. Microfilming and Digitization of O.P.D. Case Records is going on.
32. Upgradation of RFID Security cum Circulation System.

BUDGETARY PROVISION FOR THE APRIL 2016–DECEMBER 2016

(Rs.in thousands)

FINANCIAL YEAR		PLAN				NON-PLAN			
		BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDITURE	BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDITURE
2015-16	Revenue	195000	176500	174000	173779	400000	400000	398960	398550
	Capital	305000	275000	280010	115893	--	--	--	--
Total		500000	451500	454010	289672	400000	400000	398960	398550
2016-17 Up to Dec. 2016	Revenue	210000	210000	--	109477	450000	521091	--	261537
	Capital	290000	366000	--	83783	--	--	--	--
Total		500000	576000	--	193260	450000	521091	--	261537



15TH REVIEW MEETING OF REGIONAL DIRECTORS



SPECIAL FORTNIGHT OF SWACHHTA DRIVE



Foundation Day 2016



Constitution Day 2016



Awareness Program for Dementia



Hindi Diwas 2016

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