

Annual Report 2017
(January 2017–December 2017)

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 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, with the management 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 211 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 part of the treatment along with various psychotherapies, behavioral therapy, group therapy and family therapy. A milieu therapy approach is practiced – patients are actively involved in the functioning and various activities carried out in the ward. 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 to acutely ill psychiatric patients, including those requiring care for concurrent medical disorders. In the year 2017, till 31st December 4263 patients (3525 males and 738 females) were admitted while 4329 patients were discharged (3545 males and 784 females). The average bed occupancy during the specified period was 81.4%.

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 children with psychosis, developmental disorders and intellectual disability. Patients are required to stay with their guardians for the duration of the treatment. During the period under report, 11035 patients (7653 male and 3382 female) attended the outpatient department (OPD) for treatment. There were a total of 206 admissions and 204 discharges during the specified period.

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. The number of patients seen in the De-addiction Clinic OPD were 1645; 717 patients received admission in the De-addiction Centre while 698 were discharged.

In the year 2017, till 31st December, the number of cases seen on outpatient basis were 88,178 (27,485 new cases and 60,693 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 2017 were 17105 (11555 males and 5550 females) while 57577 psychiatry follow-up cases were seen during this period (40576 males and 17001 females).

The Institute runs Extension Clinics which include the General Psychiatry Clinic at West Bokaro, Hazaribagh, Chandankiari, Bokaro, School Mental Health Programme, Deepshikha and Aastha Cell Deepatoli Cant., Ranchi. Regular camps, awareness programmes, workshops with teachers and parents are also conducted at these extension clinics. School mental health programmes are run in two schools through the community outreach services programme. The case-load in the extension clinics for the period under report was 2756.

A number of special clinics are being run in the Institute namely the Child Guidance Clinic Chronic Schizophrenia Clinic, De-addiction Clinic, Epilepsy Clinic, Geriatric Clinic, Headache Clinic, Mood Clinic, Neurology Clinic, Obsessive-Compulsive Disorder (OCD)

Clinic, Skin and Sex Clinic, Sleep Clinic and Staff OPD. In the year under report, the total attendance of patients in special clinics was 21734.

The Clinical Psychology department at the Institute is the oldest independent department in India. In 1962 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. In the year 2017, till 31st December, 931 patients were assessed and 1163 therapies were carried out by the department. The clinical psychology laboratory 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 1950s although family psychiatry can be dated back to 1922 at the Institute. The course of *Diploma in Psychiatric Social Work (DPSW)* started in the year 1970. In 1985 this course was upgraded to *M.Phil. in Psychiatric Social Work*. Currently, 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 4 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 – 41
- General Nursing and Midwifery (GNM)/ANM – 664

- B.Sc. Nursing – 894
- DPN – 09

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 use OT services 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 use OT services 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 two 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 has 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. In the year under report, the total number of tests done was 6686.

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. In the year 2017, till 31st December, the total number of investigation done was 2,15,252.

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 got a state-of-the-art 3 Tesla functional MRI unit (fMRI) which has started functioning. It is the first establishment in the country to have an fMRI integrated with Transcranial Magnetic Stimulation, High Resolution EEG and eye tracking system. CIP is the first and only Mental Health Institution in the country to have an fMRI facility. During the period under report, the total number of investigations done was 4769.

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 3892 patients availed emergency services till 31st December 2017.

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, 492 general helpline calls, and 180 e-mails were received and attended.

Case conferences, Seminars, Journal Clubs are held regularly. Thirty seven seminars, 37 case conferences and 22 journal clubs were held till 31st December 2017.

ACHIEVEMENTS IN 2017

1. The Institute observed the special fortnight “Swachhta Pakhwara” from 1st February to 15th February 2017.
2. Annual Sport was held on 8th -9th February 2017.
3. Continuing Social Work Education (CSWE) Programme on the occasion of World Social Work Day was held on 21st March, 2017.
4. One Day Workshop on Nurses with the theme “A Voice to Lead, Achieving the Sustainable Development Goals” was held on 9th May 2017.
5. 100th Foundation Day & Alumni Meet was held on 17th May, 2017. Hon’ble Governor of Jharkhand, Smt. Droupadi Murmu graced the occasion as Chief Guest and flagged off the centenary celebrations of CIP.
6. CME on “Media and Mental Health” was organized on 17th May, 2017 (100th Foundation Day).
7. International Yoga Day was celebrated in the Institute. On 21st June awareness programme was organized in OPD waiting hall on the topic “Usefulness of Yoga in Mental Health” for patients and caregivers.
8. A Hindi workshop for promoting the Income tax return e-filing was organized for the nursing officers and others by Rajbhasha Karyanvayan Samiti on 30th June, 2017.

9. Thirty seven admissions took place in various courses run at this Institute during the academic year 2017-2018.
10. National Mental Health Survey (NMHS) report was released.
11. “Hindi Pakhwara” has been celebrated during the 1st-14th September by the Rajbhasha Karyanvayan Samiti of the Institute. The second issue of Hindi magazine “Vartika” was also released.
12. World Alzheimer’s Day was celebrated in CIP on 21st September 2017.
13. A fortnight of Swachhata Hi Seva, Cleanliness is Service, was observed at the Institute from 15th September 2017 to Gandhi Jayanti on 2nd October 2017.
14. World Mental Health Day was celebrated on 10th October 2017.
15. Union Minister of Health Shri J.P. Nadda visited CIP on 30.11.2017.
16. Forty two national and international research papers were presented and published till 31st December 2017.
17. Two awards were won at Annual Conference of Indian Psychiatry Society, Jharkhand State Branch (JASCON 2017).
18. Three awards were won at Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2017) at Gangtok.
19. Best paper award was won at Annual National Conference on Addiction Psychology at National Drug Dependence Treatment Centre, Ghaziabad.
20. The Institute also acquired the following machines/equipment and installations till 31st December 2017:
 - a. Ultra-Brief Pulse ECT Machine
 - b. Quadra Pulse Stimulation System (QPS)
 - c. Portable 64-channel EEG Recording, Acquisition & Analysis software
 - d. Premium-End Colour Doppler Ultrasound System
 - e. Vegetable Washer machine
 - f. Dish Washer Machine
 - g. Comprehensive Annual Maintenance contract of Entire Solar Packages.
 - h. Microfilming and Digitization of O.P.D. Case Records
 - i. Upgradation of RFID Security cum Circulation System

BUDGETARY PROVISION FOR THE APRIL 2017–DECEMBER 2017

*(Rupees in
thousand)*

FINANCIAL YEAR		PLAN				NON-PLAN			
		BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDI TURE	BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMAT	EXPENDI TURE
2016-17	Revenue	210000	190000	190000	189637	450000	470000	484800	479411
	Capital	478200	265000	305900	289715	--	--	--	--
Total		688200	455000	495900	479352	450000	450000	484800	479411
2017-18 Up to Dec 2017	Revenue	743000	766895	--	580836	--	--	--	--
	Capital	560000	245000	--	139046	--	--	--	--
Total		1303000	1011895	--	719882	--	--	--	--



Annual Sports 2017



SPECIAL FORTNIGHT OF SWACHHTA DRIVE 2017



100th Foundation Day 2017



Main Office



fMRI Building

(Dr. D. Ram)
Director
Central Institute of Psychiatry,
Kanke, Ranchi, India