

National Human Rights Commission
(PRP&P Division-JD(R) Unit)

**Subject: Visit Report of the Special Monitor, NHRC (Shri Ambuj Sharma) to
Central Institute of Psychiatry, Ranchi (Oct 1-2, 2019)**

The Special Monitor, NHRC, Shri Ambuj Sharma visited the Central Institute of Psychiatry (CIP), Ranchi in order to review the functioning of the institution. The visit report vis-à-vis the recommendations/actionable points are mentioned from pg 1 to 4 of the report.

Some of the Key recommendations/actionable points are as follows:

1. The average bed occupancy at 76.5% seems to be low and shows a fair amount of under utilization of the advance facilities and treatment available at CIP, what with many mentally ill patients in the State itself not being able to receive such quality treatment. Better utilization of these facilities through improved coordination with the State medical health department/ district hospitals/ PHCs etc (so as to get more referred cases from them is needed to achieve this objective.)
2. Taking into account the high degree of specialized treatment and case knowledge gained over the years under this wing, it is suggested that a well-structured research programme on long term basis, with clear cut deliverables, and including with GOI/NHRC funding may be initiated by Director, CIP this year.
3. Taking into account the fairly well developed facilities and the quantum of highly qualified staff of doctors, nurses, technicians etc in CIP, it is suggested that the Institute may take up Extension Programme in to the hinterland of at least Jharkhand and Bihar states, on an extensive basis, covering vulnerable areas like jails, prisons, remand homes, universities, higher education centres etc. within next 2-3 years. This may include Training of Trainers (TOT) programme Universities/Colleges having psychiatry Departemnt- to have a large manpower of trained staff for meaningful extension services.
4. In order to extend the public outreach, it is suggested that, specialized clinics running in CIP campus may also be located in off-site areas like Jails, Prisons, Remand/Destitute/Widow Homes etc.

5. Regarding a 24 hour emergency service, it is suggested that some sort of tie-up can be made with both Govt. and private hospitals to avail CIP's general as well as Emergency services for mental patients so as to get optimum utilization of facilities available at CIP, particularly covering poorest of the poor who normally can either afford nor access such treatment in their remote areas.
6. With a view to make effective use of digital/online services, to make an even higher widespread impact in the area of its operation, it is suggested that CIP may consider to take up the following activities/initiatives-
 - An annual/biennial National level Conference (on the pattern of 70th National Psychiatric Society Conference held here in 2018) may be held.
 - Monthly/Quarterly Webinars on selected subjects in Psychiatry & Mental Health may be organized using the Teaching/technical faculty available.
 - A regular (monthly/quarterly/annual) technical magazine or journal, having a mix of articles by in-house and external faculty members, case studies, etc may be planned
 - Regular short term exchange programmes for gaining high level expertise available in such institutions as NIMHANS, select foreign universities or medical colleges specializing in mental health may be planned with clear cut deliverables.
 - Regular exchange and long term collaboration tie-up/MOU may be entered into with RINPAS, another similar organization in this field in Ranchi itself, to get maximum respect.

**TOUR REPORT ON THE VISIT OF SHRI AMBUJ SHARMA, SPECIAL MONITOR, NHRC TO
CENTRAL INSTITUTE OF PSYCHIATRY, RANCHI – October 1-2, 2019**

1. Based on the approval by the competent authority, I visited Ranchi for inspection-visit of facilities and discussion- meeting with the Director and staff of the Central Institute of Psychiatry (CIP) during October 1-2, 2019. Accordingly, the record of observations of the visit is given hereunder.
2. **INTRODUCTION** : CIP, Ranchi functions under the aegis of the Directorate General of Health Services and M/O Health and Family Welfare, Govt of India. Established in 1918, it was originally named European Lunatic Asylum with a bed capacity of 174 (92 male, 82 female). In 1922, the management was entrusted to a Board of Trustees comprising representatives of participating state govts , rechristened as European Mental Hospital and affiliated to University of London for Diploma in Psychological Medicine. Later, the name of the hospital was changed to Inter-Provincial Mental Hospital in 1948, to Hospital for Mental Diseases in 1952, and further to the present name of Central Institute of Psychiatry in 1977.
3. **INFRASTRUCTURE** : The Institute is well endowed with basic infrastructure in the form of over 211 Acres of land, total bed capacity of 643 in 15 wards (9 male and 7 female wards), an emergency ward and a family unit. The patients have the benefit of specialized services of physical exercise and yoga instructor, indoor and outdoor games, wide-open garden spaces, besides a mix of behavioural, group and family therapies.
4. **BED-OCCUPANCY** : CIP, Ranchi provides advance treatment of mentally sick patients, including those requiring care for concurrent medical disorders. During 2018, 4018 patients (3410 males & 608 females) were admitted, with average bed-occupancy being 76.5%. **ACTION POINT 1** - *The average bed occupancy at 76.5% seems to be rather low and shows a fair amount of under- utilization of the advance facilities and treatment available at CIP, what with many mentally ill patients in the state itself not being able to receive such quality treatment. Better utilization of these facilities through improved coordination with the state medical health department/ district hospitals/ PHCs etc (so as to get more referred cases from them) is needed to achieve this objective.)*
5. **CHILD GUIDANCE CLINIC** : started in 1950, and an independent 50 bedded child psychiatry unit set up in 1975, imparts training to resident doctors and post-graduate students in the field of child and adolescent mental health – catering to their needs of psychosis, developmental disorders and intellectual disability. During

2018, 9729 children (6648 male and 3081 female) were treated in OPD and 196 of them were admitted as in-patients.

6. **CENTRE FOR ADDICTION THERAPY** : The Institute has a modern centre with a bed capacity of 60, for treatment of persons with alcohol and drug related problems. It is also the nodal centre for training of manpower and research in this field in Eastern India. (No. of cases dealt with herein were 1795 in OPD and 684 admissions last year).

ACTION POINT 2 - *Taking into account the high degree of specialized treatment and case knowledge gained over the years under this wing, it is suggested that a well-structured research programme on long term basis, with clear cut deliverables, and including with GOI/NHRC funding may be initiated by Director, CIP this year.*

7. The total number of cases dealt with in 2018 were – 92901 in OPD (29308 new cases & 63593 follow-up cases) including all psychiatry cases (staff OPD, extension clinics, skin clinic and Psycho-social clinic). The total number of new psychiatry cases seen in 2018 were 18430 (12463 males & 5967 females), while 60862 psychiatry follow-up cases (42373 males & 18489 females) were seen during the same period.

ACTION POINT 3 - *Taking into account the fairly well developed facilities and the quantum of highly qualified staff of doctors, nurses, technicians etc in CIP, it is suggested that the institute may take up Extension Programme in to the hinterland of at least Jharkhand and Bihar states, on an extensive basis, covering vulnerable areas like jails, prisons, remand homes, universities, higher education centres etc within the next 2-3 years. This may include Training of Trainers (TOT) programme in Universities/colleges having Psychiatry department – to have a large manpool of trained staff for meaningful extension services.*

8. **EXTENSION CLINICS** : are run by CIP, which include general psychiatry clinics run at Bokaro, Hazaribagh, Chandankiari, School Mental Health Programme, Deepshikha and AASTHA Cell, Cantt, teacher & parents workshops etc., with 2601 cases seen in all these clinic . A number of special clinics like Epilepsy clinic, Deaddiction clinic, Child-guidance clinic, Chronic Schizophrenia clinic, Geriatric clinic, Headacheclinic, Mood clinic, Neurology clinic, OCD clinic, Skin & Sex clinic Sleep clinic, Staff clinic etc are being run on a regular basis by CIP, and about 21511 patients were treated in all these clinics during 2018.


ACTION POINT 4 - *It is suggested that , instead of running these specialized clinics only in the CIP campus, they may also be located in off-site areas like Jails, Prisons, Remand/ Destitute/ Widow Homes etc where they could be quite useful.*

9. **TEACHING FACILITIES** : in CIP include the following –

- Ph.D in Clinical Psychology (4 seats)
- M.Phil in Clinical Psychology (16 seats)

- M.Phil in Psychiatric Social Work (12 seats)
 - M.Sc in Psychiatric Nursing (7 seats)
 - Besides, in 2018, 459 general nurses and mid-wife nurses (GNM/ANM) and 559 B.Sc Nursing students received training here.
10. OCCUPATIONAL THERAPY UNIT : serves adults and children/ adolescents suffering from acute psychiatric illnesses, with about 80 patients being seen daily.
 11. THE CENTRE FOR COGNITIVE NEURO-SCIENCES : initially established in 1948, now possesses modern facilities like 32 channel quantitative ECG system and 40 channel video ECG, as well as equipment for recoding EMG (Electromyogram), NCV (Nerve Conduction Velocity), BAER (Brainstem Auditory Evoked Response), GSR (Galvanic Skin Response), ERP (Evoked Response Potential), Advanced Source Analysis, Brain Electrical Source Analysis etc. In 2018, a total of 5644 tests were conducted in these facilities which led to more comprehensive and modern scientific treatment of chronically sick patients.
 12. DEPARTMENT OF PATHOLOGY AND BIOCHEMISTRY : is also equipped with modern testing facilities and equipment such as fMRI, Digital X-Ray, CT-Scan, Cranial Doppler and Ultrasound Machine , High resolution EEG, etc.
 13. A 24 hour emergency service is available in OPD with a bed strength of 16 (8 each for male and female). A total of 3267 patients availed emergency service treatment during last year. **ACTION POINT 5** - *Taking into account the paucity of good facilities in this backward area, and availability of the high level treatment facilities available in CIP, it is suggested that some sort of tie-up can be made with both Govt and private hospitals to avail CIP's general as well as Emergency services for mental patients so as to get optimum utilization of these facilities, particularly covering poorest of the poor who normally can neither afford nor access such treatment in their remote areas.*
 14. CIP, RANCHI has a **toll-free counselling** line since 2001, providing such services to hundreds of callers, including by e-mail. Further, a number of regular case conferences, seminars, journal club etc are being organized.
ACTION POINT 6 - *With a view to make effective use of digital/online services, to make an even higher widespread impact in the area of its operation, it is suggested that CIP may consider to take up the following initiatives –*
 - *An annual/biennial National level Conference (on the pattern of 70th National Psychiatric Society Conference held here in 2018) may be regularly held.*
 - *Monthly/Quarterly Webinars on selected subjects in Psychiatry & Mental Health may be organized using the Teaching/technical faculty available .*

- A regular (monthly/quarterly/annual) technical magazine or journal, having a mix of articles by in-house and external faculty members, case studies, etc may be planned.
- Regular short term exchange programmes for gaining high level expertise available in such institutions as NIMHANS, select foreign universities or medical colleges specializing in mental health may be planned with clear cut deliverables.
- Regular exchange and long term collaboration tie-up / MOU may be entered into with RINPAS, another similar organization in this field in Ranchi itself, to get maximum impact.


14/12/2019
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