**Alka Hospital Pvt.Ltd**

**Alka Institute of Medical Sciences (AIMS)**

**Dhobighat; Lalitpur**

**Report on:**

**Psychiatric Observation of Mental Hospital, lagankhel**

**Submitted to**

**BN 2nd year faculty**

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**Objectives of Mental Hospital Visit**

**General objective:**

The general objective of psychiatric visit is to fulfill the partial requirement of PBN curriculum and to gain the comprehensive knowledge about Mental Hospital.

**Specific objectives:**

* To visit Mental Hospital
* To know the history of Mental Hospital
* To know the staffing pattern of Mental Hospital
* To assess services and activities of Mental Hospital
* To assess rule and regulation of Mental Hospital
* To assess problem and challenges of Mental Hospital
* To know future plan of Mental Hospital
* To assess strength and weakness of Mental Hospital
* To give recommendation

**Mental health:-**

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

**Mental Illness:-**

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

**Current situation of mental health in Nepal:-**

Specialist mental health services were found to be limited to zonal or district hospitals. Across the whole country, there are estimated to be around 440 in-patient beds for people with mental illness (combining both government-112 and private hospital 327) which amounts to 1.5 beds per 100,000 populations. No separate in patient service is available for children with mental illness. Due to the geographical circumstances and lack of transportation, Kathmandu and adjoining Indian cities were often the only options available for people with mental illness living in remote districts. In the public sector, counselling or psychotherapeutic services were found to be difficult to access due to the limited number of clinical psychologists. General counselling services are being provided by trained para-professional counselors employed by NGOS; however, such services tend to be limited to

specific population groups such as; people affected by conflict, survivors of human trafficking, victims of domestic and gender based violence, and refugees. No systematic data was available regarding the treatment of mental health problems by traditional or religious healers however, traditional and religious healers are known to be the primary sources of treatment for mental health problems in the community.

**Introduction of Mental Hospital**

Mental Hospital Lagankhel is the oldest neuropsychiatric hospital in Nepal. It is the government hospital with a commitment to serve humanity.

**History of Mental Hospital:-**

Mental Hospital services in Nepal remained unknown until 1961 A.D. First psychiatric OPD services were started in 1961A.D. in Bir Hospital, Kathmandu by the first Nepalese Dr.Bishnu Prasad Sharma. A five bedded in-patients unit was established in the sam hospital in 1965A.D, which was further extended to 12 beds in 1971A.D.

In 1984A.D, 12- bedded psychiatric department at Bir hospital was separately established, which was then shifted to Lagankhel, Lalitpur in 1985A.D. It then had 25 beds. It is the only Mental Hospital of Nepal which has been named as Mental Hospital, Lagankhel, Lalitpur and it has got 50 beds at present.

**Staff members of Mental Hospital:-**

1. Doctors- 2

2. Counsellor-2

3. Nurse-12

4. CMA- 6

**Services**

1. **Outpatient department(OPD):-**

Mental hospital provide outpatient department services to the people. It provides two type of opd services that are:

1. General OPD:- Time- 9am to 12 md ,charge RS50
2. Paying OPD:- Time 2pm to 6pm, charge RS400
3. **Emergency service:-**

Emergency service in mental hospital started from 2012 A.D. by Dr. Surendra Serchan. Now it provides 24 hours emergency service to the people.

1. **Indoor:-**

Total bed 47, male-24, female-16 cabin:-8 bed 4 for male and 4 for female and 7bed for covid patients.

Charge for general bed is RS 50 per day including food and medicine.

Charge for cabin bed id RS 250 per day including food and medicine.

1. **Food for Inpatient Service:-**

* 7am –Breakfast
* 10an- Lunch
* 2pm-Snack
* 5pm-Dinner
* Weekly 1time meat, 2time egg and also provide milk and fruits

1. **Counselling service:-**

Counselling service is available for both outpatient department and indoor. There is two counsellor available in hospital they are: Ms Trishna Ghosha and Mr. Bhupindra.

1. **Lab services:-It has also provided lab services.**

* Lithium test
* TFT
* Vitamin D test
* ECG
* If other test required then refer to Patan Hospital.

1. **Methadone service**:-

It started at the mental hospital from 2011.One doctor and two staff nurse are work in methadone service. The total patient is 82.whereas 81 is male and 1 female. Methadone service provide from 8:30 am to 1pm. The patient must take medicine inside the clinic.

1. **Narco analysis**:- narco analysis service is provided in this hospital.
2. **Outreach clinic:-**

Community Mental Health (Outreach programs) started in February, 2011 Once in a month in each of the three districts:-Dhading, Nuwakot and Sindhupalchowk.

Average patient flow: 50

1. **Hotline service:-**

Telephone hotline service started in July 1, 2010 with average calls of 4-5. The hotline number is 015521333 and 015521612.

1. **EEG and ECT service:-**

EEG and ECT services provided twice a week i.e. Monday and Thursday.

1. **Ambulance service:-**Ambulance service started from 2014.

**Rules and regulations**

* Perform daily activities on time for e.g. medication, vital sign, dr/nurses round etc.
* Provide patient care without being bias.
* Do not discriminate patient according to their disease.
* Photo session is not allowed in hospital
* Smoking and alcoholism is restricted inside the hospital.
* Harmful and hazardous objects eg knife, scissors etc are not allowed in ward/hospital.
* Visitors must stay with patient during hospitalization.
* Dress is not available for patient.

**Activities of Mental Hospital**

* Yoga
* Hygiene
* Vital signs- 2time in a day
* Doctor Round- 10 am to 11 am
* Medication

**Problem and challenges**

1. Capacity building and professional development of mental health workers needed.

2. Lack of rehabilitation facilities and psycho-social support system for mentally disabled people

3. Unavailability of proper training materials for different levels of health workers.

**International coordination and collaboration**

1. E-learning for post-graduate education

2. Development of Tele-psychiatric medicine.

3. Exchange programs for faculty members, resident doctors and other mental health professionals.

4. Collaboration for development of Community-based mental health services.

**Future plans**

-Strengthen and expand department of Clinical psychology and Psychiatric social work including academic activities and training programs.

-Expand public mental health activities.

-Upgrade Mental Hospital Lagankhel into National Centre of Mental Health.

-Strengthen community based and integrated mental health service.

-Research.

-Develop Tele-psychiatry.

**Strength point of Mental Hospital**

* Free of cost service/Low cost service
* Diagnosis divide according to ICD 10 and write according to number of disease.
* Provide safety and security to patient
* Maintain patient privacy and restricted to take photo.
* Restricted alcohol and smoking in hospital area.
* Restricted to keep hazardous substance and instrument in patient party
* Provide patient protection from injury.

**Weak point of Mental Hospital**

* Lack of staff according to need
* Lack of dress for patient which may difficulty to know in between patient and visitors.
* No visiting card and time which may difficulty to control visitor
* Long term hospital stay may cause difficulty to visitor.

**Recommendation**

* Fulfill the staff according to need
* Provide dress for patient
* Provide visiting card and maintain visiting time.
* Provide service according to Child, adult, elderly people.