

An Introduction to Razi Psychiatry Hospital

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Summary:

Razi Psychiatry Hospital is one of the most important clinical and educational fields with respect to mental health in Iran. It has a long record of service in this regard since the last century.

This piece of writing aims to make a concise acquaintance with its different goals, committees, departments, activities and investigational efforts.

Introduction:

Razi Psychiatry Hospital, as one of the largest mental health centers in the middle east, and the largest one in Iran, was established in 1919 in south of Tehran. It was the first psychiatry hospital in Iran that was to handle the mental health problems and management of patients with mental illnesses. During the last century after its foundation, Razi Psychiatry Hospital had endured many changes which were parallel to the contemporary mental health movements all over world. A great asylum which was believed at first to have only the duty of providing shelter and food for wandering

insane persons with hopeless and pessimistic point of view, now try to do the same duty with an optimistic standpoint according to an integrated rehabilitation paradigm. Therefore such indispensable historical metamorphosis of its basic assumptions had necessitated establishment of a new educative and searching framework which has been supported by the University of Social Welfare and Rehabilitation Sciences (USWRS) in the last decade, as its official senior supervisor agency. The aforesaid rehabilitative paradigm is the main standpoint and favorite philosophy of USWRS and this fact has made it unique regarding such scientific and functionally restorative efforts within the framework of academic goal setting processes.

Organization and Staff:

Razi Psychiatry Hospital with the capacity of 1200 patients, twelve large psychiatric wards, one medical ward with 40 beds, including Coronary Care Unit (CCU) and Intensive Care Unit (ICU), 1150 staffs, including 92 nurses, 12 occupational therapists, 50 psychologists, 16 social workers, 36 psychiatrists, 18 psychiatric residents, four child psychiatrists, two neurologists, two internists and seven general physi-

cians, two Radiologists, one Pharmacologists, two Dentists and periodic visiting by ophthalmologist, cardiologist, dermatologist or any other necessary specialist, is trying to promote clinical management of its patients. In addition, for the sake of furtherance of community mental health and preventive psychiatry, there is a diligent and salutary affiliation between Razi Psychiatry Hospital and four urban mental health centers (Sina, Saba, Razi, Rofeideh) in different parts of the Capital city, and in harmony with similar facilities belonging to other universities of medical sciences and health services. Different services like counseling, occupational therapy, psychosocial therapy and psychometrics, orthopedic and cardiac rehabilitation, different medical specialties, and social assistance in addition to general geriatric and child and adolescent psychiatric helps are presented by these clinics to necessitous clientele.

Educative Departments:

Different departments in the hospital have organized its educative and scientific framework. Among them the Department of psychiatry, with nineteen assistant professor has standard academic programs for training eighteen psychiatric residents in their three years curriculum. Accentuation on the rehabilitative aspects of modern psychiatry, in addition to other areas plays a central role in such training. Departments of nursing, occupational therapy and psychology too, in addition to training their related stu-

dents at the levels of BSc, MSc, and PhD, take part actively in rehabilitation programs and team works. Weekly lectures, journal clubs, applying training sessions and employing shared investigational projects in accompany with other educational agencies or scholastic fields are among the defined academic efforts done by these department's staff. Assertive outreach, behavioral family management, social skills training, vocational rehabilitation, and psychosocial interventions, such as psychodynamic, supportive, behavioral, cognitive and cognitive - behavioral therapies, are applying by psychiatric social workers, psychiatric nursing, occupational and recreational therapists, and clinical psychologists in necessary occasions and on appropriate patients. Although such attempts are being done routinely in different academic mental health fields, but their application in Razi Psychiatry Hospital under the influence of USWR's doctrine regarding indispensable perpetuation of rehabilitation in the process of goal setting of handicapped persons has a special position, since the admitted patients in Razi Psychiatry Hospital are traditionally among the most severe, treatment refractory and deprived patients, who are rejected or frustrated by other mental health centers, therefore applying such programs for actualizing Deinstitutionalization movement, is an aim beyond a mere academic interest or granting advantage. In fact it is seen as a recognized advantage and a necessity in favore of

patients who are suffering from severe mental disorders.

Department of child psychiatry, also, is another active academic scientific group in this hospital where, in addition to dealing with behavioral problems of the children and adolescents, tries to apply a comprehensive educative program for training the psychiatric residents and applying the national mental health programs, approved by the Ministry of Health and Medical Education, in the schools and high schools. In this regard inserting the training of daily living skills among standard lessons of students is an attempt, which its practical aspects are coordinated partly by the department of child and adolescent psychiatry in Razi Psychiatry Hospital, and harmonized with Ministry of Education.

There are two geriatric wards in the hospital that are supervised by five psychiatrist who are followers in geriatric psychiatry and are trying to establish in near future the first department of geriatric psychiatry in Iran. In addition a section has been specified for management of substance related problems and treatment of addict people. This special ward in accompany with other similar academic and clinical centers in Tehran arranges its therapeutic programs according to the most approved methods which are done and accepted around the world.

Committee of Rehabilitation:

There exist different committees regarding the educative, therapeutic, investigative and rehabilitative activities in this hospital. Among them

the committee of rehabilitation, in harmony with the other ones has a peculiar role with respect to cultivation of assets and capacities of severe mental patients. This committee has a direct supervision on the activities of the rehabilitative team and plans and its short and long term goals, based on facilities and financial abilities. Assertive outreach is one of the programs which are followed by the rehabilitative team, especially with respect to par-entral medication and providing necessary drug counseling and psycho-education following discharge. Trained social workers also try to help patients with regarding to their housing, occupational and financial issues, which are major difficulties of such patients out of hospital. A small range of homeless psychiatric patients who are deprived of a reasonable primary supportive family or who are medically or mentally debilitated has been settled in hospital's place of residence with a capacitance less than 800 indigents who are in need of help. This unit tries to provide the necessary protective shelter and primary health care in this regard. Different aspects of nutritional, medical and psychiatric problems of these people are handled daily by hospital's staff and if there is any patient amenable for psychiatric rehabilitation, he or she is introduced to the related committee for applying the necessary process. Also, this committee is in direct relevance and communication with the General Staff of Logistics of Chronic Mental Patients. This unit, as a governmental module, under

surveillance by The Whole Country's Welfare Office, generally tries to settle the social, financial and residential complications of severe mental patients.

Other Committees:

The educative committee tries to make harmony between different departments regarding their academic activities and advancing the qualitative aspects of teaching in different fields.

The therapeutic committee is the policy maker of the hospital which tries to improve, update, and coordinate the therapeutic efforts in the educational and non educational wards of the hospital, and facilitate the mutual collaboration for fulfillment of executive processes.

Encouragement of implementation of psychiatric care as a team work is the most worthy purpose of this division. The investigative committee determines the priority with respect to research activities in the hospital and makes harmony among different departments in this regard. Updating and supervision on the methodology and statistical evaluation of researches is an important aim which is followed by this committee.

Research Programs:

IT center of the hospital, with its extensive computer networks and internet lines, together with the most recent books and journals in the hospital's library, provide a good resource for upgrading the scientific status of different departments, which are involved in research programs. Most researches by differ-

ent groups are harmonized in the hospital's Behavioral Research Center by the aforesaid committee.

Negative symptoms of schizophrenia and the efficacy of different psychotropic drugs on their amelioration; the potency of Atypical Antipsychotics (AAP) in suppression of positive symptoms, reduction of severity of negative symptoms, their side effects and finally their effect on ultimate functioning of the patients; the effectiveness of rehabilitative programs and assertive outreach in reducing the rate of relapse; and newly started genetic analysis of etiology of psychiatric disorders by the help of USWRS'S Cytogenetic Research Center are among the main themes which are followed by researchers in this hospital. A variety of investigations are being done by different departments and researchers in the field of psychology, nursing, occupational therapy and else, many times in accompany or with the guidance of other researchers from USWRS'S clinical departments or other universities which are interested in the confirmed object of research. Many of these researches have been published as papers in the approved journals, which are published quarterly by USWRS, journal of rehabilitation in Persian and Iranian Rehabilitation Journal in English, or other interior or foreign journals. Moreover many of them also have been presented as lectures in domestic or extraterritorial symposiums.

These interests are tuned mostly according to a pragmatic and clinical

point of view, which are more directed at resolving major and prior native mental health problems, than mere basic- science-related ones, which although are important but are subordinate to the earlier ones in the ground of primary health care policy in developing countries. On the whole, due to its special position, Razi Psychiatry Hospital is an opportune investigational field for psychiatry residents, clinical psychologists and all other researchers who are interested in Practical investigations.

Miscellaneous Activities:

Weekly lectures, educative sessions, scientific professional workshops, and also public seminars for promoting community support and involvement in mental health programs are among the regular duties of this center. In this regard, Community Participation Center of

Razi Psychiatry Hospital is one of the oldest and most active sections in this hospital that has provided the strongest link between society and psychiatric patients in the last decades. This joint certainly has a very important and delicate value in paving the way for actualization of community based psychiatry and guaranteeing its national plans.

Finally, as al - Razi (Rhazes, 865-925) himself had been introduced in the American Journal of Psychiatry (154:11, Nov, 1997), as one of the greatest physicians in the world of Islam and also the first recorded physician in the history who had paid attention to psychiatric after care and psychiatric consultation services in general hospital in one thousand years ago, Razi Psychiatry Hospital, also is trying to be a fair follower of it's great and famous teacher.



