

Presidential Address

Psychiatry Manpower Development In North India: An Update

I hereby express deep feelings to all the magnanimous Hon'ble members of North Zone Indian Psychiatric Society for giving me a great responsibility by electing me the President of the Society. With your valuable guidance, blessing and support, I hope I shall be able to deliver and perform the assigned duties, with dignity. The topic of my presidential address was selected in view of the untold difficulties experienced by all psychiatrists and professionals of North India because of lack of manpower and other facilities. We all stand witness to this for last 30 years.

One psychiatrist or maximum 2 or 3 are available at each Mental Hospital/Psychiatry Deptt. in a medical college who can not do justice to the ever increasing workload of psychiatric patients. A crusade was required by Union Govt. to develop Psychiatry Manpower in India, especially in North India to the standard of Western Countries. Paradoxically and ironically Indian psychiatrists contribute manpower to UK, USA & Australia.

WORLD SCENARIO & INDIAN PROFILE

Director General WHO candidly declared that estimated 450 million people alive today suffer from psychiatric disorder, neuropsychological problems and abuse. He further emphasized Mental Health is fundamental building block for human must face the facts that mental health problems are part of life which can be addressed. No rationale exists for excluding mental health services from the general health care system. Parity between physical and mental health is vital. WHO Survey reflects that 45 million suffer from Schizophrenia above age of 18 at some point of life. There are only 44 institutions in India which are imparting MD Psychiatry training and there are only 140 seats. Though there are 150 medical colleges established with in last 25 years and only 39 MD (Psychiatry) seats were added during this period.

DEMOGRAPHIC DATA AND ANALYSIS

0.9% of Health Budget is spent on Mental Health in India whereas 20-30% of health budget is spent on Mental Health Sector in America & Europe. In year 2000, US spent \$ 1,48000 million on Mental Health (54th World Health Assembly, WHO 2001)

Table I

There are 2.5 beds/ lac population in India (Roy 2004)0.
4/1 lac psychiatrist –Approx. 4000 psychiatrists.
Expected/projected : (10/1 lac population)= 10000
No of Psychiatrists trained per year = 150
No. of years required to meet the demands= 6000/150 = years

Table II
Mental Health Resources of India (North Zone)

State	Population	Psychiatrists			Psychologists			Psy.Social Worker			Psy.Nurses		
		Avai- lable	Ideal	Deficit	Avai- lable	Ideal	Deficit	Avai- lable	Ideal	Deficit	Avai- lable	Ideal	Deficit
Rajasthan	56473122	75	565	490	12	798	786	4	1130	1126	-	74	74
Punjab	24289259	89	242	153	18	363	345	21	484	463	10	85	75
Haryana	21082989	39	210	171	2	315	313	-	420	420	1	19	18
Himachal Pradesh	6077248	8	61	53	2	90	88	-	122	122	-	6	6
Jammu & Kashmir	10069917	4	100	96	1	150	149	1	200	199	-	12	12
Delhi	13782976	155	137	18 surplus	43	207	164	13	274	261	172	32	140
Chandigarh	900914	31	9	22 surplus	14	14	-	10	18	8	1	6	5

Req. Calculation Psychiatrists: 1: 1 lac Psychologists 1:5: 1 lac

Source: National Survey of Mental Health, 2002

COMMON MENTAL DISORDERS

Patel (1999) in a recent review report that the prevalence ranges from 20% to 57%. Prevalence in general / primary health care vary from 20% to 45%. Ganguly in the summary of 15 studies reported that prevalence of psychotic depression and neurotic depression is 7.8 and 22.8 per thousands respectively. Although 1/3rd of primary care attendance has CMD in both rural and areas, yet only 1/3 of these cases are identified by primary health care doctors.

Mental Illness Burdern Of India (North Zone)

State	Population	Major Mental Disorder	Minor Mental Disorder
Raj	56473122	564731	2823655
Punjab	24289259	242892	1114460
Hry.	21082989	210829	1054145
HP	6077248	60172	303860
J&K	10069917	100699	503495
Delhi	13782976	137429	689148
CHD	900914	9009	42045

Source: National Survey of Mental Health 2002

Strategies / Policy / Proposals by NMHP/ Govt. of India / State Govts.

In view of un-manageable number of ever-increasing patients in OPD and Hospitals and even in Pvt. Centres with acute shortage of man power (hundreds have left country), Govt. of India, Directorate General of Health India, NMHP, NIMHANS Bangalore, State Govt. took upon the administrative and financial budget for increasing manpower through various schemes. There is a plan for budgetary allocation for all medical Colleges (Govt. / Pvt.), Mental Hospitals and institutes for starting PG in psychiatry. The funds have been proposed for creating infrastructure including manpower so that these institutions fulfill MCI requirement for starting PG. The three proposals for manpower production include:

- (A) Setting up Centre of excellence for starting M. Phil Clinical Psychology, M. Phil psychiatric social work and Diploma in psychiatry nursing along with increase in MD seats and Govt. plans to allocate Rs 30 Crore for each Centre of Excellence (COE).
- (B) Proposal of Rs 3 Crores for mental Hospital for improving infrastructure for starting MD psychiatry.
- (C) There is also a proposal of providing financial assistance to all the medical colleges so that these colleges can improve their infrastructure as per MCI norms for starting PG in psychiatry.

Many institutions have submitted proposals under various schemes and MOH, GOI is in the process finalizing the budget allocation and disbursement.

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Thanks

Dr Chander Mohan

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