Department of Geriatric Mental Health,
King George’s Medical University UP, Lucknow-226003, India

The Government order number 2587/71-3-05-KG-45/2000T.C. dated August 18, 2005 separating Geriatric Mental Health Unit of the Department of Psychiatry, K. G. Medical University and converting it into a statutory Department of Geriatric Mental Health within the Medical University made the beginning of an era in the treatment and care of geriatric psychiatric patients in the country. The then Hon’ble Chief Minister of the State, Shri Mulayam Singh Yadav Ji upgraded the unit of Geriatric Mental Health into the Department of Geriatric Mental Health, the first of its kind in India, which was inaugurated, on August 20th, 2005.

Like most developed countries in the world, India with a proportion of nearly 9% senior citizens in the population has fallen in the category of graying country. This proportion is expected to escalate to 11.8% by 2015 and to 18.4% by the year 2025. In view of the alarming increase of the elderly population and associated higher prevalence of neuropsychiatric problems (average 20%), the need of this super-speciality department and its services are imperative. The importance of this department is further apparent because several researchers have proved that the mental health problems of elderly are now not considered mere an extension of neuropsychiatric problems of adults but two different domains.

After ~ 7 years of persuasion, the Department of Geriatric Mental Health was recognized by Medical Council of India and Government of India, vide Gazette Notification Number 312.
Dated December 8, 2010 as a super-speciality academic department. Subsequently, one seat for DM (Geriatric Mental Health) degree from academic session 2011-12 was approved by Medical Council of India. The eligibility qualification as MD Psychiatry/Psychological Medicine or equivalent qualification has duly been recognized by Medical Council of India. At present, three candidates are perusing training for DM (Geriatric Mental Health) degree. **Dr. Ravi M. Soni** joined the department as DM (Geriatric Mental Health) trainee on 1st of August, 2013 and currently working as SR-III. **Dr. Sunil Suthar** joined the department on 1st of August, 2014 as DM trainee and currently working as SR-II. Recently **Dr. Akanksha Sonal** (SR-I) joined the department as DM first year trainee on 1st of August, 2015. Thus, Psycho-geriatric teaching and training in the super specialty subject Geriatric Mental Health is coming into shape.

The Department of Geriatric Mental Health provides specialty clinical services to the elderly, which includes tertiary level clinical and rehabilitation services on “out-patient” as well as “in-patient” basis, academic and research activities. A community outreach programme is running successfully to reduce the burden of care providers caring for the geriatric patients. Emergency and intensive care services are also available in the department. A State of Art National Centre for Geriatric Electroconvulsive Therapy has also been established which is providing ECT services to older adults on regular basis. The department now functions as a platform for capacity building in the form of providing teaching and training to medical and paramedical personnel for the multidisciplinary care of geriatric mental patients.

Today, the department has found place on international map of psycho-geriatric clinical services, academics and research. With best of our abilities and efforts, the department is trying to fulfill the goal to provide quality mental health to the elderly.

Since 2005, the department has grown steadily and the following is its existing status.

### A. STAFF:

The Government has been very considerate in sanctioning 79 posts vide GO’s numbering 2269/71-3-047 KG45/200 dated 29th March 2005, and 3079/71-3-2006-KG-45/2000 TC-2 dated 3rd August, 2006. Rest of the posts (class-iv) are outsourced as contractual basis.

<table>
<thead>
<tr>
<th>Teaching and Clinical</th>
<th>Research</th>
<th>Trainee Residents</th>
<th>Para-medical</th>
<th>Nursing</th>
<th>Clerical</th>
<th>Librarian (including cleaning &amp; Security staff)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professor</td>
<td>Asst. Professor</td>
<td>Clinical Pathologist/Bi</td>
<td>Research Officer</td>
<td>Senior Resident</td>
<td>Non. PG JR</td>
<td>Social Worker</td>
</tr>
</tbody>
</table>

- 2 -
The process of recruitment for most of the posts is completed and rest is in progress. The government has converted 3 general duty medical officer (GDMO) posts into 2 teaching faculty posts vide GO Number 4679/71-2-11-cmu-147/2010 dated 28-02-2011. Now there are 11 posts of Assistant professors in the department. One faculty member of the department has been promoted, and two have joined during this year. Dr. Shrikant Srivastva have been promoted to be associate professor w.e.f. from 24 march 2015. Dr. Priti Singh and Dr. Nisha Mani Pandey have joined as lecturer in the department w.e.f. from 24th March 2015. Following are the current status of the faculty and staff of the department of Geriatric Mental Health:

### Current status of teaching Faculty:

<table>
<thead>
<tr>
<th>S.No</th>
<th>Faculty Name</th>
<th>Qualification</th>
<th>Designation</th>
<th>Duration of work</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Dr. S.C. Tiwari</td>
<td>M.D. (Psychiatry ), MNAMS, FIPS, FIA GMH, IATGP (USA)</td>
<td>Professor &amp; Head, Geriatric Mental Health</td>
<td>Since inception of the Department, 20th August, 2005</td>
</tr>
<tr>
<td>2</td>
<td>Dr. Shrikant Srivastava</td>
<td>M.D. (Psychiatry), MRCPsych (UK), M.Sc. (Italy)</td>
<td>Associate Professor, Geriatric Mental Health (Psychopharmacology)</td>
<td>From 24th March 2015 - continuing</td>
</tr>
<tr>
<td>3</td>
<td>Dr. Shailendra Mohan Tripathi</td>
<td>MD (Psychiatry), FIA GMH</td>
<td>Assistant Professor, Geriatric Mental Health</td>
<td>From 14th August 2012 - Continuing</td>
</tr>
<tr>
<td>4</td>
<td>Dr. Rakesh Kumar Tripathi</td>
<td>M. Phil (M.&amp;S.P.), Ph.D., MIACP, MIAGMH, MAIP, MRI</td>
<td>Assistant Professor cum Clinical Psychologist</td>
<td>From 4th May, 2013 – Continuing</td>
</tr>
<tr>
<td>5</td>
<td>Dr. Bhupendra Singh</td>
<td>MD (Psychiatry), MSCVES, DVES, CHCW, FIA GMH</td>
<td>Assistant Professor, Geriatric Mental Health (Community)</td>
<td>From 09th December, 2013 – Continuing</td>
</tr>
<tr>
<td>6</td>
<td>Dr Radhey Shyam Gangwar</td>
<td>MD (Anesthesia), PDCC (CCM)</td>
<td>Assistant Professor, Geriatric Mental Health (Geriatric ICU)</td>
<td>From 26th August 2013- Continuing</td>
</tr>
<tr>
<td>7</td>
<td>Dr. Nisha Mani</td>
<td>Ph.D. (Psychology),</td>
<td>Lecturer,</td>
<td>From 24th March, 2015</td>
</tr>
</tbody>
</table>
We are happy to share that 18 paramedical, technical and office staffs are providing their excellent services in the department.

**Current status of the Posts of the Department of Geriatric Mental Health**

<table>
<thead>
<tr>
<th>Staff</th>
<th>Designation</th>
<th>No. of staff</th>
<th>Working</th>
<th>No. of Vacant posts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Teaching And Clinical</strong></td>
<td>Professor &amp; Head</td>
<td>13</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Associate Professor</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Assistant Professor/Lecturer</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Assistant Professor cum Clinical Psychologist</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Research</strong></td>
<td>#Research Officer (Contractual)</td>
<td>2</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Research Fellows (Contractual)</td>
<td>2</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td><strong>Residents</strong></td>
<td>Senior</td>
<td>9</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Non-PG Junior</td>
<td>3</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td><strong>Para-medical</strong></td>
<td>Social Worker</td>
<td>4</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Technical</td>
<td>15</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td><strong>Nursing</strong></td>
<td>Sister</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Nursing Staff</td>
<td>12</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td><strong>Clerical</strong></td>
<td>Jr clerk, OPD clerk, Com. Operator/stenographer (loaned)</td>
<td>2</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1+1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Librarian</strong></td>
<td></td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td><strong>Class-IV (including cleaning &amp; Security staff)</strong></td>
<td></td>
<td>31 (Contract basis)</td>
<td>31</td>
<td>31</td>
</tr>
</tbody>
</table>

- 4 -
Mrs. Betsy Mehrotra and Dr. Safia Najeeb as research officer on contractual basis have been working in the department along with two research fellows to meet out the administrative and supervisory duties related to research activities. Prof. Hitesh Khurana has completed his one year Fellowship in Geriatric Mental Health during academic session 2014-15. Dr. Isha Sharma & Dr. Shikha Agarwal has given their services as Senior Resident during 2014-15 academic year. Dr. Ravi M Soni (SR-III), Dr. Sunil Suthar (SR-II), Dr. Aakanksha Sonal (SR-I) and Dr. Richa Tripathi (SR-I) are presently working as senior resident. Dr Mohamad Tariq and Dr Madalsa Agarwal joined the department recently as junior resident.

Mr. Ram Sahai (Social Worker) recently joined (June 2015) the department in place of Mrs. Roli Singh. He was transferred from Queen Mary Hospital, KGMU, Lucknow. Mrs. Roli Singh was transferred to the department of Surgical Oncology.

SERVICE FACILITIES
The department is now providing following services with multidisciplinary approaches after ten (10) years of its existence:

1- Out-patients services:

I. General Geriatric Mental Health OPD including Memory & Dementia clinic:
six days in a week namely from Monday to Saturday.

II. Adult OPD: Tuesday (This is being carried out on adult patient’s demand)
Emergency services are available round the clock on all seven days of the week.

2- **In-patients services:**
Department has its own provision for indoor services on 27 beds (20 general and 7 private beds). The services are being provided since 10th October, 2008.

3- **Pharmacy services: Data is incorrect**

(No. of patient availed pharmacy service)

4- **Emergency services:**
Emergency services are available round the clock on all seven days of the week.

5- **Community Mental Health Service:**
The department is running its community OPD in the different area of Lucknow city. There is strong demand of our services in amongst old age homes, senior citizen organizations and different localities in Lucknow.

6. **Bio-chemical and Pathological Investigation Services:**
A well equipped bio-chemical and pathological lab to conduct all types of the investigations needed for mentally ill elderly patients is providing its services to all the hospitalized patients or attending out-patient clinics.

7. **EEG service:**
A fully computerized EEG service is being provided since 1\textsuperscript{st} May 2009, not only to patients of the Department of Geriatric Mental Health but also to the patients from other departments of this Medical University and outside.

8. **ECG service:** ECG Service is being provided since 22\textsuperscript{nd} August, 2010 to out and in-patients of the department.
(No of patient availed Pathological investigation, EEG, ECG & psychological assessment service)

9. Psychometric assessment and Psychotherapy:

A Clinical Psychology Lab, perhaps the state’s best, has been established in the Department of Geriatric Mental Health. It is equipped with almost all types of psychological tools needed for assessment in elderly and adults e.g.:

A. Cognitive Functioning/Rating
B. Neuro-psychological Batteries
C. Rating Scales for Cognitive Disorder
D. Personality Test
E. Intelligence Test

Various forms of Psychotherapies for different types of mental health problems are being provided by Assistant Professor cum Clinical Psychologist to the referred elderly, adult and adolescent patients.
(Number of patients availed Psychotherapy and Healthy Aging Clinic Services)

10. Healthy Aging/Spiritual Healing Clinic:
A new concept of Healthy Aging/Spiritual Healing has been developed which was inaugurated by His Excellency Governor of Uttar Pradesh Shri B.L. Joshi Ji on World Elders Day on dated 01.10.2010. This clinic is functioning very well, and the number of patients is rising day by day for availing the service.

11. Psychosocial Management, Physiotherapy, Diet Therapy and Occupational Therapy Services:
An excellent model of multidisciplinary treatment approach is being practiced in the department for the overall management of the health status of the older adults. These psychosocial, physiotherapy, diet therapy and occupational therapy units are functioning very well and providing comprehensive services for out and inpatients of the department along with pharmacotherapy.
12. National Geriatric ECT centre:
One of the most modern ECT machines (Mecta model Spectrum 5000Q ECT machine) is being used for Electro Convulsive Therapy of the inpatients and outpatients. This center is being developed as National Electro Convulsive Therapy centre for ECT services; training of manpower and also have been planned for starting certificate course in geriatric ECT.
Our prime aim is to make availability of all the services needed by geriatric psychiatric patient under one roof.

• **ACADEMIC & TRAINING SERVICES:**
  The department was engaged in the following teaching & training activities during this year:
  - **Short Clinics** (Final year MBBS students )
  - **Long Clinics** (IIInd and IIIrd Year MBBS students )
  - **Systemic lectures** : As per schedule –10 lectures of 8th and 9th semester
  - **Demonstrations** for first year MBBS students on relevant psychological and psycho-geriatric topics.
  - **Teaching and training to Junior and Senior Residents** through supervised OPD work up, case documentations, psychological and cognitive assessments, case discussions and management. Currently three DM–SR in Geriatric Mental Health, three Non-PG Junior residents and one non-DM senior resident are being trained in the department. Weekly Didactic- Seminars on different topics, Case Conferences and Journal Clubs are being organized, presented and attended by trainee and faculty of the department on weekly basis in the department and during the clinical grand rounds of the Medical University.

  • **Dr. Ravi M. Soni** (DM batch 2013) doing his thesis titled “A study of Correlation of Serum homocysteine level with Changes in MRI brain and Behavioral and psychological symptoms of dementia in Alzheimer’s disease patients” under the guidance Dr. S. C. Tiwari, Professor & Head, Department of Geriatric Mental Health and co-guidance of Dr. Neera Kohli, Professor & Head, Department of Radiodiagnosis, and Dr. Abbas Ali Mahdi, Department of Biochemistry, King George’s Medical University Lucknow.

  • **Dr. Nisha Mani Pandey** had completed her Post Doctoral Fellowship on the topic “Developing Modules for Cognitive Enhancement for illiterate Older Adults with Cognitive Deficits” under the supervision of Dr Girishwar Misra, Vice Chancellor, Mahatma Gandhi Antarrashtriya Hindi Vishvavidyalay, Vardha, Maharashtra and Dr. S. C. Tiwari, Professor & Head, Department of Geriatric Mental Health.
• Two candidates are pursuing Ph.D. Programme of the medical university from the department on following topics:

1. “**Effectiveness of occupational therapy program for older adults with Dementia**” by **Mr. Prakash Kumar** (Ph. D. Batch-2010) under the guidance of Dr. S. C. Tiwari and co-guidance of Dr. A.B. Dey, Professor, All India Institute of Medical Sciences (AIIMS), New Delhi; Dr. Rakesh Kumar Tripathi, Assistant Professor cum Clinical Psychologist, Department of Geriatric Mental Health, KGMU, Lucknow.

2. “**A study of psychiatric morbidity, quality of life and expectation of inmates of old age homes**” by **Miss Samshi Akbar** (Ph.D. Batch-2011) under the guidance of Dr. S. C. Tiwari and under co-guidance of Dr. Nisha M. Pandey, Sr. Research Officer and Dr. Rakesh Kumar Tripathi, Assistant Professor cum Clinical Psychologist, Department of Geriatric Mental Health, KGMU, Lucknow.

• Many students from other institutions are approaching for registration in Ph.D. programme, internship, volunteer work and exposure in the department. Three PG Psychology students **Miss Vineeta Dwivedi**, **Miss Vartika Shukla**, **Miss Shyamal Nayak** from Lucknow University; five students **Miss Priyanka Singh**, **Mrs. Ananya Singh**, **Miss Nikhat Khaatoon**, **Mrs. Shalini Mishra** and **Mrs. Rubina Khan** from Department of Psychology, National PG College, Lucknow; One Psychologist **Mrs. Archana Pokharel** from Nobel Medical College Biratnagar, Nepal; and two students **Miss Paridhi Agarwal** & **Miss Anvi Gupta** from Amity University, Noida have successfully completed her one month internship in the session 2014-15.

• **Conference / Workshop and Foundation Day Activities in Geriatric Mental Health:** Ninth (9th) Foundation day function of the Department of Geriatric Mental Health on 20th August 2014. Professor (Dr.) **Parthasarthy Satishchandra**, Hon'able Director and Vice-Chancellor of National Institute of Mental Health and Allied Sciences (NIMHANS) Bangalore, was the Chief Guest and Foundation Day Orator. Professor Satishchandra delivered foundation day oration on the topic, “Aging and Dementia: can this be prevented”. A public lecture was delivered by BK Radha Behn on the topic of Sakaratmak Chintan: Khushhal Vriddha Jiwan (Positive Thinking: Happy Old Age) and this was very liked by the audience.

Photograph of Oration and lecture

Since 2010 summer the Department is organizing a one week In-house Training Workshops in Geriatric Mental Health twice a year i.e. Summer and Winter for IIrd/IIIrd year PG students; which is now named as Skill Development Workshops in Geriatric Mental Health. Till now, this programme has been attended by 155 PG students of MD psychiatry from different parts of country. All faculty members, research staff, residents, paramedical staff of the department as well as invited experts provide their expert opinion, inputs and tips for managing mentally ill elderly. Dr
D.K. Vatsal, Neurosurgeon, has been guest faculty for teaching on “Neuro-imaging: CT Scan Head” for many consecutive years.

The research activities:
At present, many research activities are being carried out in the department for better development of health care services, evidence based practice and framing policies related to geriatric mental health. The Department of Geriatric Mental Health is making efforts to collaborate with other such institutions/organizations in the country and abroad to undertake all such functions and research activities, which will help in providing better understanding of the geriatric psychiatric patients to ameliorate their problems.

Apart from these, the Centre for Advance Research, Training and Services (CARTS) in Aging and Geriatric Mental Health is also instituted vide G.O. no. 4237/71-2-13-KGMU-55/2013 dated 21.11.2014 in the department, which was announced in year 2013 on 19th August during 8th Foundation Day and 9th National Conference of GERON-13 by Hon’ble Chief Minister Shri Akhilesh Yadav ji of Government of Uttar Pradesh. Further, various posts and contingency budget were approved vide G.O. no. 4774/71-2-14-KGMU-55/2014 dated 14.01.2015 by State Govt. and The details of sanctioned manpower are provided in following:

**Permanent Posts –**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Post Name</th>
<th>No. of Post</th>
<th>Salary (Grade Pay)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Scientist – B (Medical)</td>
<td>02</td>
<td>Rs. 15600-39100 (Grade Pay 5400/-)</td>
</tr>
<tr>
<td>2</td>
<td>Scientist – (Non Medical)</td>
<td>01</td>
<td>Rs. 9300-34800 (Grade Pay 4600/-)</td>
</tr>
<tr>
<td>3</td>
<td>Junior Assistant</td>
<td>01</td>
<td>Rs. 5200-20200 (Grade Pay 2000/-)</td>
</tr>
</tbody>
</table>

**Total** 04

**Contractual Posts –**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Post Name</th>
<th>No. of Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Computer Operator</td>
<td>01</td>
</tr>
<tr>
<td>2</td>
<td>Yoga Instructor</td>
<td>01</td>
</tr>
<tr>
<td>3</td>
<td>Spiritual Counselor</td>
<td>01</td>
</tr>
<tr>
<td>4</td>
<td>Driver</td>
<td>01</td>
</tr>
</tbody>
</table>

**Total** 04

CART’s first study Lucknow Elderly Study (LES) on Ageing and Geriatric Mental Health has been launched on 16th March, 2015 by Ho’ble Vice Chancellor Prof. (Dr.) Ravi Kant, KGMU. Study areas for the study has been selected by him and screening/recruitment of study subjects is being done. Appointment of CARTS team has been done on contractual basis till regular appointment.
• **Publications:**
The Faculty and Research Staff of the department have published 19 articles in the different indexed and peer reviewed journals in previous year i.e. 2014-2015. One book chapter have been written. The detail information is given separately in Research Updates of the Department (Vriddhotthan).
A Souvenir entitled as “Vriddhotthan” is being published regularly with blessings of dignitaries of the country and abroad on each foundation day function of the department. Awareness articles by the faculty and students have been published in the Souvenir and also have been well appreciated by the readers.

• **Award:**
Article entitled “Development and standardization of scale to assess satisfaction and expectation of older adults in old age homes by Akbar S, Tiwari S.C., Tripathi RK, Kumar A, Pandey NM. Awarded as best poster award 10/02/2015 among Medical Science section of published paper in Research Showcase King George’s Medical University, Lucknow, UP, India.

• **Honorary contribution & responsibilities:**
Following honorary services and duties are being provided by faculty members:

**Dr. S.C. Tiwari,** Professor & Head of the Department:
1. Chief Medical Superintendent, Gandhi Memorial and Associated Hospitals, KGMU, Lucknow
2. Secretary (Honorary), State Mental Health Authority, Government of Uttar Pradesh;
3. Chairman, Subcommittee on Mental Health in the State of Uttar Pradesh Vision – 2020
4. Member, Project Review Committee of Indian Council of Medical Research, New Delhi, Govt. of India
5. Member, Core Committee of Indian Council of Medical Research, New Delhi, on Geriatrics.
6. Serving as Co-Chair for the Asia Pacific Regional Initiatives, International Psychogeriatric Association Committees, Task Force and Regional Initiatives, USA. 2008 (Japan)
7. Serving as Co-Chair for the Asia Pacific Regional Initiatives, International Psychogeriatric Association Committees, IPA Service Delivery Task Force Symposium in Montreal (Canada)
8. Member of the Editorial Panel for the International Psychogeriatric Association, Bulletin for India
9. Member, IPA, USA Task Force on Testamentary Capacity and Undue influence for Indian Region
10. Member, IPA, USA Task Force on Development of Course Curricula for Psychogeriatric Education.
11. Coordinating Member, IPA, USA Focus Group in Dementia Care for India
12. Member, Review Committee, Journal of Clinical Epidemiology, Elsevier

Dr. Shrikant Srivastava, Associate Professor:
1. Incharge, Research Activities in the Department
2. Incharge, Biochemical and pathological Laboratory

Dr. Shailendra Mohan Tripathi, Assistant Professor:
1. Academic Incharge, PG Teaching
2. Incharge, ECT
3. Incharge, EEG
4. Ward Incharge

Dr. Rakesh Kumar Tripathi, Assistant Professor cum Clinical Psychologist:
2. Incharge, Clinical Psychology Lab
3. Joint Secretary, Indian Association of Clinical Psychologists UP Chapter
4. Editor “Vridhdhotthan”

Dr. Bhupendra Singh, Assistant Professor
1. Incharge, Spiritual and healthy Aging Clinic
2. Community outreach program
3. Nodal Officer of the Hospital Waste Management and Infection Control in the medical university
4. UG teaching programme
Dr. Radhey Shyam Gangwar, Assistant Professor:
2) Incharge ICU

Dr. Nisha Mani Pandey
1) Coordinator Research Programme
2) Coordinator in house skill development training workshop

Dr. Priti Singh, Lecturer
1) Co-ordinator Research Programme

- Building & infrastructure:
The ground floor of the beautiful building of the department has 10 bedded male, 10 bedded female and 2 private wards as well as nursing station, patient’s leisure room, kitchen, dining hall for the patients, HOD office, consultants and residents rooms, two well designed corporate pattern research rooms, staff room, EMO duty room, reception, office, computer room, waiting area, auditorium and medical record room. The first floor of the building houses consultant rooms; ICU, ECT, EEG and ECG rooms; library, bio-chemical laboratory, physiotherapy and relaxation therapy rooms; and five private wards etc. Sufficient provisions, protections and precautions have been provided. Needs of elderly has been taken care in the designing and constructing the building for preventing falls, accidents and injuries to the elderly patients. A state of art B.B. Sethi Library and conference hall on the first floor of the building are in use now. All the wards and rooms of the department are fully air-conditioned. The construction of 2nd floor has been completed and we have started the utilizing this floor as a centre for advanced research and chambers of the faculty members.

A beautifully designed Staff Club and a caregiver’s shelter shed have been added to the department in August, 2010.
As the music has therapeutic and calming effect in many agitated elderly patients, a music system has been installed with speakers in all the wards, rooms and waiting areas of the department and it is functional. Water cooler with purifier for in-patients has installed along with already existing water cooler for outdoor-patients. Television facilities have also been provided in the wards and waiting areas of the department. A lift with the capacity to accommodate a patient bed has been installed. Construction
of second floor is undergoing swiftly in order to upgrade the facilities in the department.

- Equipments and other infrastructure:
Department of Geriatric Mental Health is equipped with RO plant, defibrillator, 6 televisions & 7 refrigerators for private wards, two photocopy machine, 2 wireless multi-media projectors and psycho-diagnostic instruments.

A well structured, user friendly case-sheet, the only one of its kind in medical university, has been developed specifically for elderly psychiatric patients for better recording of patient’s data.

In addition, 22 modern techno-beds, deep-freezer, freezer, television sets, ECG, EEG equipments, modern furniture, almirahs, computers with printers, Mecta-model Spectrum 5000 Q model -most modern ECT machine, 18 seater well equipped (with stretcher, safety belt, toilet, wheel chair, transportation provisions) one luxurious bus and one ambulance for the patients of the department, and large number of books for the library have already been purchased and procured.

- Linkage with other departments:
As per existing rules and regulations of K.G. Medical University, the Department of Geriatric Mental Health has continued to maintain clinical, academic, research and manpower training links with all other clinical and non-clinical departments/sections of the Medical University during this year as well. This has further enhanced the scope and functioning of the Department of Geriatric Mental Health.

FUTURE PROJECTIONS:
The Department of Geriatric Mental Health a Super-specialty Department is now slated to become an apex Geriatric Mental Health clinical, Academic and Research Center in the country. The Department’s future projections are as following:
As an Apex Clinical Centre: To develop a state of art clinical mental health care center in the country. This will include pharmacotherapeutic, somatic, physiotherapeutic, psychosocial, cognitive, behavior and non-pharmacological therapies. All the therapeutic, diagnostic, psychometric, emergency, rehabilitational and recreational activities are being/will be provided under one roof.

As an Apex Academic Centre: A number of Certificates, PG Diploma courses are envisaged to be run in the department. The courses are

<table>
<thead>
<tr>
<th>Professional Courses</th>
<th>Duration</th>
<th>No. of seats</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Level</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Certificate course in Geriatric Psychopharmacology</td>
<td>3 Months</td>
<td>open</td>
</tr>
<tr>
<td>• Certificate course in Geriatric ECT</td>
<td>3 Months</td>
<td>open</td>
</tr>
<tr>
<td>• Certificate course in Geriatric ICU</td>
<td>3 Months</td>
<td>open</td>
</tr>
<tr>
<td>• Certificate course in Geriatric Counseling &amp; Rehabilitation</td>
<td>3 Months</td>
<td>open</td>
</tr>
<tr>
<td>• Certificate course in Psychogeriatric Nursing</td>
<td>3 months</td>
<td>open</td>
</tr>
</tbody>
</table>

As an Apex Research Centre:

- Nodal Center for data retrieval on elderly
- Making cohort of elderly for longitudinal studies
- Collaborative research center for research activities involving elderly subjects
- Generation of data for clinical, academic and research purposes and for policy planning etc.

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