



DEPARTMENT OF PSYCHIATRY GOVT. MEDICAL COLLEGE KATHUA

GENERAL INTRODUCTION ABOUT THE DEPARTMENT

➤ The Department of Psychiatry, Government Medical College Kathua started function in April 2019 and is in continuation of Psychiatry OPD which was already running at District Hospital Kathua. The department is running OPDs on all weekdays and has started indoor services for general psychiatric patients and de-addiction since January 2020 in addition to providing consultation liaison services. We have started exclusive de-addiction clinic on Mondays, Geriatric Psychiatry Clinic on Tuesdays, and Child Psychiatry Clinic on Wednesdays. The department of psychiatry has also initiated rural mental health services in collaboration with department of PSM, GMC, Kathua by starting weekly psychiatry OPD in RHTC, Budhi, Kathua and also planning to start weekly OPD in UHTC, Krishna Colony, Kathua in near future. The department has also the credit of starting the first Child psychiatry Clinic in Kathua district and De Addiction Centre. During the year 2020, the department provided out-patient consultation services to a total of 6875.

SERVICES AVAILABLE IN THE DEPARTMENT

- Outpatients department:
- ✓ General OPD:
 - i). Which kinds of disorders are catered to in general OPD
 - a) **Mood Disorders** (including- Mania/ Depression/ Bipolar Disorder/ Dysthymia/ Persistent Mood Disorders).
 - b) **Psychotic Disorders** (including – Schizophrenia/ Brief Psychotic Disorder/ Delusional Disorder/ Schizo-affective Disorder/ Shared Psychosis).
 - c) **Anxiety Disorders** (including – Phobias/ Panic Disorder/ Generalized Anxiety Disorder).
 - d) **Stress Related Disorders** (including-Post-Traumatic Stress Disorder/ Acute Stress Reactions).
 - e) **Dissociative Disorders/** Conversion Disorder/ Somatoform Disorder/ Hypochondriasis.
 - f) **Eating Disorders** (Bulimia / Anorexia).
 - g) Sleep Disorders.
 - h) Personality Disorders.
 - ii). Specialty Clinics/ services (Diagnostic and/or Therapeutic)
 - **Academics and teaching:-** Presently, the institute caters to only under-graduate students. But in near future, GMC Kathua and the Department of Psychiatry hope to start post-graduate courses in psychiatry.

➤ **Vision:-** Our vision is to cater to the mental health needs of the community by providing high quality clinical care to the patients, and their family, and to make significant contribution in the field of psychiatry, and to produce professionals who serve the local, national, and global communities.

MISSION

- To conduct research that deepens our our understanding of the development, pathophysiology, and prevention of psychiatric illness and apply this knowledge to the development and delivery of more effective and evidence based treatments.
- Offer comprehensive treatment and consultation to our patients, their family and the community
- Provide outstanding mental health education and training to the future generation of health care providers.

OUR VALUES

- Quality
- Compassion
- Excellence
- Integrity

FACULTY

➤ Dr. Rajesh Kumar Chandel: (Assistant Professor, Department of Psychiatry, GMC Kathua).MBBS (GMC Jammu), MD(GMC SRINAGAR). Worked as Registrar in GMC, Srinagar for more than 3 years, as senior resident in ASCOMS, Jammu for Few months. Worked as Consultant Psychiatrist for 5 years in Department of Health, Government of J&K, before being appointed as Assistant Professor in GMC, Kathua.

➤ Dr. Shaveta Bhagat (Senior Resident, Department of Psychiatry, GMC Kathua). MBBS (GMC Jammu), MD(GMC SRINAGAR)

➤ Dr. Mustafa Ali (Senior Resident, Department of Psychiatry, GMC Kathua).
Qualification: MBBS(GMC SRINAGAR), MD (PSYCHIARTY, NIMHANS BANGALORE).

CME's Seminars:- Neuro-psychiatric aspect of cancer : World Cancer Day at GMC Kathua.

LIST OF BOOKS IN THE LIBRARY:

S.No.	Books	Author
1.	FISH'S CLINICAL PSYCHOPATHOLOGY, 3/ED	CASEY
2.	NEW OXFORD TEXTBOOK OF PSYCHIATRY, 2/ED, 2-VOLS	GEDDES
3.	SIMS' SYMPTOMS IN THE MIND: TEXTBOOK OF DESCRIPTIVE PSYCHOPATHOLOGY, 6E	F. OYEBODE
4.	CURRENT DIAGNOSIS & TREATMENT PSYCHIATRY 3/ED	EBERT

S.No.	Books	Author
5.	STAHL'S ESSENTIAL PSYCHOPHARMACOLOGY: NEUROSCIENTIFIC BASIS AND PRACTICAL APPLICATIONS 4TH/2013	STAHL
6.	THE ICD-10 CLASSIFICATION OF MENTAL AND BEHAVIOURAL DISORDERS	WHO
7.	THE PSYCHIATRIC INTERVIEW - EVALUATION AND DIAGNOSIS	TASMAN
8.	KAPLAN AND SADOCK'S SYNOPSIS OF PSYCHIATRY, 11/ED,	SADOCK
9.	THE DOCTOR'S COMMUNICATION HANDBOOK 8/ED (EXCL. ABC)	TALE
10.	TEXTBOOK OF POSTGRADUATE PSYCHIATRY (2VOLS) 3/ED	VYAS JN
11.	A SHORT TEXTBOOK OF PSYCHIATRY, 7ED	AHUJA
12.	PSYCHIATRY MADE EASY	ANBU T
13.	KAPLAN AND SADOCK'S COMPREHENSIVE TEXTBOOK OF PSYCHIATRY, 10/ED, 2-VOL	SADOCK
14.	KAUFMAN'S CLINICAL NEUROLOGY FOR PSYCHIATRISTS, 8E	KAUFMAN
15.	MASSACHUSETTS GENERAL HOSPITAL HANDBOOK OF GENERAL HOSPITAL PSYCHIATRY, 7E	STERN
16.	MENTAL ILLNESS : THERAPY AND IMPLICATIONS	JOHN DALVI
17.	MENTAL ILLNESS : BASICS CONCEPTS AND ETIOLOGY	JOHN DALVI

RESEARCH PUBLICATIONS

Dr. Rajesh Kumar Chandel: (Assistant Professor, Department of Psychiatry, GMC Kathua).

- a) Role of Amisulpride augmentation in treatment resistant major depressive disorder: And open label study from North India (International Journal of Emergency Mental Health and Human Resilience)
- b) Prevalence of metabolic syndrome in drug naïve bipolar disorders- A study from South- East Asian (Kashmir) (International Journal of Scientific Research).
- c) Prevalence of Psychiatric disorders in patients with a diagnosis of polycystic syndrome in Kashmir (Indian Journal of Psychological Medicine)
- d) Effect of switching from Olanzapine to Aripiprazole on the metabolic profile of patients with Schizophrenia and metabolic syndrome: a double blind randomize open label study. (Neuropsychiatric Diseases and Treatment)
- e) Etiological Risk factors, Psychopathological symptoms and Sleep disturbances in Hyperactive and Hypoactive Delirium- An Original Research. (International Journal of Scientific Research).
- f) Role of Lamotrigine Augmentation in Treatment Resistant Obsessive Compulsive Disorder : A Retrospective Case Review from South Asia

g) Authored a chapter – Treatment resistant Obsessive Compulsive Disorder OCD- Current Understanding. (In the book titled Obsessive Compulsive Disorder-The Old and New Problems) ISBN 978-953-51-128-9.

Dr. Mustafa Ali (Senior Resident)

- a) Psychosis as an indicator of recurrent non-Hodgkin's lymphoma: A rare presentation General Psychiatry.
- b) A Case of Hyper sexuality Probably Associated With Lurasidone Journal of Clinical Psychopharmacology.
- c) A Case of Dissociative Seizures Presented like Myoclonic Epilepsy Shanghai Archives of Psychiatry.
- d) “Neuro-psycho- BS”: A Case Report of Rare Association with Bipolar Disorder Shanghai Archives of Psychiatry.
- e) Zotepine induced convulsion at a low dose in a case of paranoid schizophrenia Psychiatry and Clinical Neuroscience.
- f) Hypersexuality induced by Aripiprazole: Two case reports and review of the literature Asian Journal of Psychiatry.
- g) Olanzapine induced neuroleptic malignant syndrome, treated with Electroconvulsive therapy (ECT) Asian Journal of Psychiatry.