
UNIT 1 HISTORICAL DEVELOPMENT OF PSYCHIATRIC NURSING

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1.0 OBJECTIVES

After you have completed this unit, you should be able to:

- a discuss the history of psychiatry;
- a describe the early history of Psychiatric Nursing;
- discuss the evolution of Psychiatric Nursing;
- list the specific contributions towards the growth of Psychiatric Nursing; and
- describe the status of Psychiatric Nursing in India.

1.1 INTRODUCTION

History is a record of opportunities, recognized and informed, that produce profound changes in a given field. History of psychiatry and psychiatric nursing illustrates this, and is based on this concept. In this unit, you will study how psychiatric nursing of today has developed from the time of in-humane care to the care of the mentally ill. As you know that mental illness was always associated with ignorance superstitions and fears. Mentally ill patient went through a lot of torture and problems for lack of development in the field of psychiatry. With the introduction of understanding of the human behaviour during the later part of the 19th century, it brought in the change in care and attitude towards the mentally ill patients.

Patient care has changed dramatically since 1930's and psychiatric nurses have kept pace with the changing trends of care. In 1882, "celebration for psychiatric nurse" was held at Virginia, and the Mclean Asylum Training School for nurses was identified as a pioneering institution in mental health. It was the first formally organized training school conducted within a mental hospital.

In 1882, Mclean Hospital also initiated training in Psychiatric Nursing at Waverly, Massachusetts. In 1886, 15 women graduated in the 1st division. So in this unit you will study about the development of psychiatric nursing, in general and Indian psychiatric nursing, in particular. You will also learn about the major contributions in the field of psychiatry and psychiatric nursing.

1.2 HISTORY OF PSYCHIATRY

The earliest treatment of mental disorders was practiced by stone age cave dwellers. For certain mental disorders, the early Shaman or medicine man, treated the disorders by means of an operation now called trephining. This operation was performed with crude stone instrument, making a hole in the skull. This opening was called a trephine. It was presumed that the evil spirit will escape through it.

1.2.1 Historically Significant Period

The following categories of periods are identified historically:

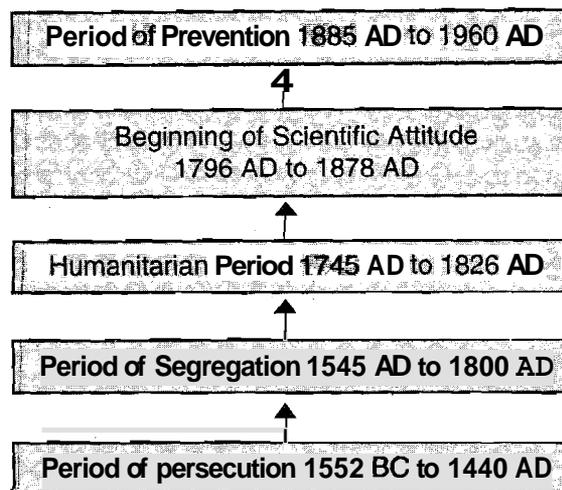


Fig 1.1: Historically significant period

The Period of Persecution

Earlier, treatment of the mentally sick depended on men's various superstitious beliefs. It was thought that sounds and motions are the factors of illness of health, black spirit or black magic was harmful and white magic and good spirit did not bring illness. Patients with mental illness were thrown out of society and beaten up by the people.

During this period no nursing was required as no body was allowed to keep any relationship with these patients. They were tortured and left on their own.

Period of Segregation

To prevent the mentally ill patients from straying into streets, they were put separately in asylums. In England, these patients were put in the 'Bethlem Asylum' for the first time. Because of its uncontrolled activities and defening noise made by the patients the English word '*Bedlam*' was derived for Bethlem.

The Government funded these hospitals but patients did not have adequate conditions to live.

During this period the field of psychiatry had not developed. The aim was to segregate patients from the general public.

Humanitarian Period

During this period more and more asylums were set up. Physicians got interested in working on mental illnesses. In the later part of the century, Phillippe Pinel in France and William Tuke in England opened the chains of mentally ill. More patients were taken care on humanitarian grounds. In 1792, William Tuke founded the York Retreat Hospital in England and provided total care to the patients without restrains or chains. During this period also no mention of nurses was made.

In 1773, in the United States mental patients were admitted to Pennsylvania Hospital, but no special training were given to nurses. Nurses with general nursing qualification looked after mentally ill patients.

Beginning of Scientific Attitude

Now the development of insanity was considered as illness. By this time, Jean Martin Charcot practiced hypnotism. Sigmund Freud (1856-1939), founder of psychoanalysis, believed in hypnotism for easing psychic tension. Emile Krapelin (1856-1926) classified the mental illness.

Period of Prevention

In the 20th century, psychological clinics for problem children were established. In 1950, the National association of mental health was formed (sponsored by Doctors). In 1953, wide publicity was given to mental illness. In 1960, the first world wide mental health year was celebrated.

(Source: Kapoor, Bimla, *Text Book of Psychiatric Nursing*, Vol. I, Second edn. 2001)

1.3 DEVELOPMENT OF PSYCHIATRIC NURSING IN OTHER COUNTRIES

Although the scientific findings rejected the belief that mental disturbance was the devil's work, the earliest asylums were no better than cellar dungeons. The unfortunate inmates lived and died amidst conditions of incredible filth and cruelty.

1.3.1 History of Psychiatric Nursing before 1860s

History of psychiatric nursing is discussed in various countries.

In France

Humanitarian reform of mental hospitals received its first credits from the work of Philippe Pinel (1745-1826) in France. He removed the chains from some of the inmates as an experiment to test his views that mental patients should be treated with kindness and consideration. It proved to be a great success. Chains were removed, sunny rooms were provided, patients were permitted to exercise on the hospital grounds, and kindness was extended to them. Philippe Pinel's work brought kindness in the forefront of humane treatment for the mentally disturbed.

In America

Benjamin Rush (1745-1813), the founder of American Psychiatry, encouraged more humane treatment to the mentally ill, and was the first American to organize a course in psychiatry. His work was followed through by Dorothea Dix (1802-1887), a retired school teacher. Dix carried on an intensive campaign between 1841 and 1881, and brought out the awareness of the inhuman treatment given to the mentally ill. She reformed the asylum system. This led to establishment of nearly thirty-two modern mental hospitals. She organized the nursing courses of the Northern Armies, during the civil war.

Sigmund Freud (1856-1939) sought to describe what he called the "Anatomy of Personality". He isolated three categories of experiences — the Id, Ego and Super ego as a method of looking at the way an individual functions.

From these details you will understand that before, 1880s psychiatric patients were given custodial care. They were looked after by attendants who were prepared to maintain control of the patient. They had very little training and the care given was poor.

In England

Pinel's work spread to England. William Tuke followed the footsteps of Pinel, and treated mentally ill under one roof. They lived, worked and rested in a kindly religious atmosphere in the community homes.

In 1841, Hitch, a psychologist, introduced trained women nurses into the wards at the Gloucester Asylum, and put a supervisor as the head of the nursing staff. That was regarded as revolutionary, and greatly improved the care of mentally ill besides bringing about a change in the public attitudes towards the mentally disturbed.

Check Your Progress 1

Outline the work of following contributors in psychiatric care:

a) Philippe Pinel

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b) Hitch

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c) Dorothea Dix

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1.3.2 After 1860s

Now we shall discuss the progress seen in psychiatric patients care after 1860s to the beginning of the 20th century.

1.3.3 First Psychiatric Nurse

In 1873, Linda Richards, developed better nursing care in psychiatric hospitals, and organized nursing services and educational programmes in state mental hospitals. For these activities, she is called the First American Psychiatric Nurse.

1.3.4 First School for Psychiatric Nursing

In 1882, the first school to prepare nurses to care for mentally ill at Mclean Hospital in Weverly, Massachusetts; was started. The nurses were prepared in this school to attend to the physical needs, administer medications, meet the nutritional needs, hygienic needs, and monitor ward activities. They were also prepared to provide psychological care consisting of being kind and tolerant to the patients.

In England, preparation of psychiatric nurses and their certification by the Medico-Psychological Association began in 1891 (Anton, 1981), yet it was actually in-service training. 'Nationally recognized qualification' of general nurses in Britain came in 1925.

1.3.5 First Book in Psychiatric Nursing

In 1920, Harriet Bailey published the first psychiatric nursing textbook, 'Nursing Mental Disease'. Nursing the disease rather than the person suffering with the disease prevailed. Psychiatric nurses performed the 'mother role' activities. They disciplined patients and provided custodial companionship care.

1.3.6 Role of Psychiatric Nurses in Psychiatric Therapies

In 1935, Insulin shock therapy; in 1936, psychosurgery; in 1937, electro-convulsive therapy were introduced as treatment approaches to psychiatric patients. These treatment modalities required the medical and surgical skills of nurses. During this period there was a struggle to define the role of psychiatric nurses.

World War II needed nurses to attend physical as well as psychological needs of the soldiers. It offered a golden opportunity for the advancement of both psychiatric nursing and for the nursing profession as a whole. It was just after the war in 1946, that National Mental Health Act became a law in America. More than half of all hospitals beds were for the mentally ill. Government funds became available for the preparation of psychiatric professionals in the four major disciplines: Psychiatry, Psychology, Social Work and Nursing. These funds stimulated the establishment of graduate programmes in psychiatric nursing. About 54% of all schools offered a basic experience in the nursing of psychiatric patients.

1.3.7 Integration of Psychiatric Nursing in General Nursing Curricula in America

In 1913, John Hopkins, the first school of Nursing, implemented fully developed course of psychiatric nursing in the nursing curriculum. It brought in more awareness of the scientific approach to patient's behavioural disturbances. By 1955, all schools included psychiatric nursing experience in general nursing curricula. Between 1946 and 1956, there were 28 to 30 Master's Programmes to specialize psychiatric nursing for a period of one year.

The major problem in graduate curriculum was, what to teach the students in psychiatric nursing. The most **important** focus was on nurse-patient relationship. It started as 'talking with patients'. It helped to gain an in-depth understanding of psychopathology. That paved way for one to one or individual psychotherapy in the 1960s. The need for nursing theory and its application in clinical work generated many books, clinical papers and stimulated nurse to develop psychotherapeutic dimensions in psychiatric nursing practice.

1.3.8 First Systematic Theory in Psychiatric Nursing

Hildegard Peplau, one of the nurse-theorist, published a book on *Interpersonal Relations in Nursing* (1952) and **gave** the introduction of the first systematic theoretical framework for psychiatric nursing. She focused on the nurse-patient relationship. Her theory has been described as drawing from developmental (Blake, 1980), interpersonal (Peplau, 1952) and learning (Lego, 1980) theories.

Peplau has defined nursing as a significant, therapeutic, interpersonal, process that aims to promote a patient's health in the direction of creative, constructive, productive, personal and community living.

Peplau's concept and theory has changed the role of psychiatric nurses to a great extent.

1.3.9 Standards of Psychiatric Nursing

By 1956, the Masters programme was extended to two academic years. Some nurses established private practices with psychiatric patients. It aroused the public's need for protection.

In 1972, American Nursing Association published Standards of Psychiatric Nursing practice (revised again in 1982), and from 1973 began to certify psychiatric nurses. National Institute of Mental Health gave integration grants to every school to integrate **psychiatric/mental** health and behavioural concept in all clinical nursing **curricula**. A psychiatric nurse faculty member was employed in each school to work directly with non-psychiatric nurse teachers for this purpose. More theory and clinical exposures to learn psychiatric nursing was recommended. These graduate nurses worked in private psychiatric institutions, community mental health centres, academic institutions **and/or** in private practice.

The organizational patterns of mental hospitals have also changed. Therapeutic community concepts emphasized that patients were the workers, attendants and nurses, the patient-custodial managers, in which physicians prescribed treatment and the rulers of conduct. In the **1970s**, deinstitutionalisation was encouraged. Family therapy became popular.

In **1980s**, decentralization, a change in the organization, eroded the identify of separate professions. Various treatment modalities came into existence in psychiatric care. In the medical model, the psychiatrists view mental illness as deviations from a biomedical norm. Psychiatric nurses brought out the nursing model, wherein their approach is holistic, giving importance to biological, psychological and social needs of the patients.

In **1990s**, community participation in rehabilitating the mentally ill achieved major concern. To assist psychiatric patients to be at least minimally **self-sufficient** in terms of social living in the community, innovative community programmes, pre-discharge cottage living programmes and half-way homes were established.

Check Your Progress 2

- 1) Fill in the blanks.
 - a) The first American psychiatric nurse was
 - b) The first school to prepare to care for mentally ill was established atin 1882.
 - c) John Hopkins was the first school of nursing to implement.....
 - d) The first textbook in psychiatric nursing 'Nursing Mental Disease' was published byin 1920.
 - e) In 1972, American Nursing Association published to certify psychiatric nurses.

- 2) Mention the contribution of Hildegard Peplau.

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1.4 DEVELOPMENT OF PSYCHIATRIC NURSING IN INDIA

Misconception about mental illness even now exists. Treatment of mental disorders by various traditional healers, like fortunetellers, temple priest, witchcraft and astrologers, still goes on many parts of India. Psychiatric patients are considered as sinners and family members treat them with naming as mad, dip them into the cold water, seclude them with chains, and leave them in temples for the miracle to occur. Shamons, priests and magicians are the treating personnel. The inhuman approach to mentally ill was more so severe till the government passed legislation orders to look after them. Let us discuss the development of psychiatric nursing before and after independence.

1.4.1 Before Independence

In 1912, the Indian Lunacy Act was passed as law. It dictated the modes of admission and discharge of psychiatric patients and their civil rights. It brought out little change in the treatment approach. That time the only mental hospital in Tamil Nadu, which was established more than 100 years ago, gave inpatient care to the mentally ill.

First Mental Hospital in India

In 1918, the then ruling British government constructed a European Mental Hospital at Ranchi. In 1925, the Indian Mental Hospital was built at Ranchi.

First Course in Psychiatric Nursing

Though the mental hospitals were functioning, there were no trained Indian nurses to look after the psychiatric patients. In the beginning 11 British nurses along with one matron were brought from England to work in the Indian Mental Hospital at Ranchi. Later on they arranged 3-6 months course in psychiatric nursing for the English-speaking nurses.

The certificates were given to the trainees, and these were recognized by the Royal Medical Psychological Association.

In 1930, principles and practice of psychiatric nursing were derived from practical experiences of caring for the psychiatric patients.

In 1937, the Madras Government organized 3 months psychiatric nursing course at the Mental Hospital Madras, and this was subsequently stopped during 1964. This training was meant only for male nurses to undergo in lieu of midwifery, which was given to the female nurses.

In 1946, a collegiate programme of nursing was started at college of Nursing, Delhi, now known as Rajkumari Amrit Kaur College of Nursing. It taught integrated mental health nursing. Indian Nursing Council included the subject of psychiatric nursing in 1964.

In 1946, the American Congress passed the National Mental Health Act in the U.S.A. At the same time, in India, a National Health Survey, under the leadership of Sir Joseph Bhore, assessed the health needs of people of India. The committee reported an urgent need to look after the mentally ill like any other illness, and the teaching personnel were required to teach general physicians social workers and nurses with orientation to psychiatric care.

Check Your Progress 3

1) Match the following:

Column A	Column B
a) Indian Lunacy Act	i) 1918
b) First European Mental Hospital in India	ii) 1946
c) National Health Survey of Bhore	iii) 1912
	iv) 1932

2) What was the report of Bhore Committee regarding mental illness?

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1.4.2 After Independence

Based on Bhore Committee recommendations, four more mental hospitals were constructed in the 1950s. Training of professional psychiatric personnel, conducting psychiatric research and improving the mental hospitals were considered as priority. During 1948-50, four nurses were sent to the UK by the Government of India for a Diploma Course in psychiatric nursing. During this period, the role of psychiatric nurses become more significant.

In early 1950s, the role of psychiatric nurses became more definite, due to a study of desirable functions and qualifications for psychiatric nurses by the National League for Nurses (1953). Maxwell Jone's concept of therapeutic community (1959) in U.S.A. had influenced Indian Psychiatric Nursing. Therapeutic community is the modified version of Milieu therapy. In the late 1930s and in early 1940s. Battlehein and Sylvester introduced Milieu therapy as a scientific manipulation of the environment, aimed at producing changes in the personality of the patient.

In 1954, Nur Manzil Mental Health Centre, Lucknow, started giving psychiatric nursing orientation courses of 4-6 weeks duration.

First Course to Specialise and First Indian Book in Psychiatric Nursing

In 1956, on 7th January, in the presence of C.A.M. Verbeek, W.H.O. consultant, diploma in Psychiatric Nursing (DPN) was started at NIMHANS, Bangalore then known as the All India Institute of Mental Health. It was a one-year course till 1974. From 1975, it was made into 11 months course till 1977. From 1978 to date, this course is of 10 months duration. Now DPN programme is run in five centers (Bangalore, Ranchi, Vellore, Gujarat and Andhra Pradesh).

The First Indian Book in Psychiatric Nursing was published in 1992 (Vol. 1) and 1994 (Vol. 2).

First Course to Teach the Teachers

C.A.M. Verbeek organized, an in-service Education Programme for the nurses of NIMHANS and also training course for nurse teachers to teach psychiatric nursing. In 1962, the then Mysore Government started a 9 months course in psychiatric nursing for male nurses in lieu of midwifery. The duration was reduced to 6 months in 1976.

In 1964, Mudaliar Committee recommended that there is a need to prepare a large number of psychiatric nurses to care for mentally sick people. Even International Council of Nursing had requirement that nursing curriculum should have a component of psychiatric nursing. So in the year 1965, Indian Nursing Council (INC) included Psychiatric nursing as a compulsory course in B.Sc. Nursing Programme. In 1965-66, psychiatric nursing component added in General Nursing and Midwifery course. In 1967, the Trained Nurses Association of India formed a separate committee for psychiatric nursing to improve the perception of psychiatric nursing.

During 1970-72, All India Institute of Mental Health (Now called as NIMHANS), Bangalore, organized one-month orientation courses for nursing tutor. This programme was funded by the Directorate General of Health Services and UNICEF.

First Masters Programme in Psychiatric Nursing

In 1976, Rajkumari Amrit Kaur College of Nursing, New Delhi, started the Master of Nursing course with specialization in Psychiatric Nursing. Later P.G.I., Chandigarh (1978), S.N.D.T., Bombay (1980), C.M.C., Vellore, C.M.C. Ludhiana (1987) and NIMHANS (1988) also started Master of Nursing course in Psychiatric Nursing.

In 1980, Psychiatric Nursing was included as a subject for the students of Diploma in Nursing Education and Administration at Rajkumari Amrit Kaur College of Nursing, New Delhi and by 1983 DPN was started at Institution of Psychiatric Kanke, Ranchi.

Bangalore started conducting 2 years post-graduation course in psychiatric nursing under the faculty of Mental Health Sciences. Bangalore University permits only NIMHANS nurses with M.Sc. in psychiatric nursing to register for Ph.D.

In 1977, the National Directory of Specialists in Psychiatric – mental health nursing was published. It made evident the shortage of psychiatric nursing personnel to work in 46 mental hospitals with 20,000 in-patient beds.

Check Your Progress 4

List the centres in India that offer master's programme in psychiatric nursing.

Progress in Community Mental Health Nursing

In 1978, Alma-Ata Declaration of "Health for All by 2000 AD" (HFA by 2000 AD) brought a major challenge to Indian Psychiatric Personnel of all categories, as it included mental health care component in the primary health care. The Government of India envisaged the HFA by 2000 AD, and called for the attention of Psychiatric personnel.

In 1980, the Government of India formed an expert group to assess the mental health needs and requirements. They brought out 'the National Mental Health Policy for India'. In 1981, at Raipur Rani, Chandigarh and at Sakalwara, Bangalore, a community psychiatric model was set to experiment with primary health care approach for mental health care.

Auxiliary nurses, multipurpose health workers and public health nurses were given orientation training to mental health care. Learning packages were prepared, and the manuals were given to community health personnel.

It gave reemphasis to the concept of preventive psychiatric of Gerald Caplan (1964). He applied three levels of preventive intervention strategies, namely, primary, secondary and tertiary. It has the public health model. You will study this in detail in Block 4, Unit 4 of this course.

But in the history of community psychiatric nursing. It gave role expansion to psychiatric nurses. It gave a rebirth to the concept of deinstitutionalised nursing care services, holistic nursing, family involvement in psychiatric care, and home care nursing. Psychiatric nurses are expected to play a major role in identifying the maladaptive behaviour of all age groups, make nursing diagnosis, help patients in getting treatment and in rehabilitation services. Nurses started looking forward to opportunities of implementing systematic application of the nursing care process.

You will learn the details of the nursing process for psychiatric nursing and the details of National Mental Health Policy in Block 2. In 1982, the Central Council of Health, India's highest health policy making body, accepted the National Mental Health Policy, submitted by the expert committee. Based on that the National Mental Health Programme (NMHP) with its objectives, strategic approaches and targets to be achieved was brought out by the psychiatric nurses, rather it talked about the multi-purpose health workers.

In 1987, the Indian Lunacy Act of 1912 got revised and was named as Mental Health Act, 1987. The revised (verdict) act is yet to be implemented in some states.

Integration of Psychiatric Nursing in General Nursing Curricula

In 1989, most of the Schools of nursing started implementing three years general nursing course (revised by INC in 1986), which has a separate psychiatric nursing examination paper. Now B.Sc. Nursing course has 60 hours of theory and 240 hours of practical, which is compulsory.

In 1990, at New Delhi, Action Group to implement NMHP called for different experts to pool their opinion. For the first time, a psychiatric nursing expert was included at the national level to discuss the issues. The International Council of Nurses declared 1991 as the year for Mental Health Nursing. TNAI welcomed the theme of the year and earmarked the Nursing Journal of India to publish articles on mental health nursing of that year.

In February 1991, psychiatric nursing experts and psychiatric nurses of NIMHANS, Bangalore, formed an association as the Indian Society of Psychiatric Nurses.

Scope of Psychiatric Nursing

Scope of psychiatric nursing has increased tremendously. Today psychiatric nurses work not only in mental hospitals, but also in Child Guidance Clinic, School health programme sheltered workshops, half way homes, de-addiction camps suicidal prevention squads, old homes and in foster homes for the destitute and mentally retarded.

S/he also works as a Counsellor in Adolescent clinic, AIDS clinic, Industrial clinic and as psychiatric nurse consultant in general hospitals. S/he is a team leader for crisis intervention. Her services as consultant can be availed in all the units of a hospital. S/he works as a nurse educator, counsellor and clinical specialist, consultant and conducts research.

1.5 LET US SUM UP

The text in this unit, covered an overview of the history of psychiatry and psychiatric nursing in India as well as other countries. The focus of care of mentally ill shifted from inhuman to humane. Many significant landmark changes were brought about. Contributors like Sigmund Freud, Dorothea Dix, Philippe Pinel and Linda Richards contributed in the evolution of psychiatry and psychiatric nursing. The later part of the 19th century witnessed a change in attitude towards the mentally ill. Subsequently, in the third decade of the 20th century, introduction of the physical form of treatment followed. By mid 20th century pharmacology and other somatic and psychosocial therapeutic modalities for the treatment of mentally ill were introduced. You have also studied how in India, psychiatric nursing evolved before and after independence. The efforts are made in this unit to develop knowledge of historical development of psychiatry and psychiatric nursing in other countries and India.

1.6 ANSWERS TO CHECK YOUR PROGRESS

Check Your Progress 1

- a) **Philippe Pinel:** He contributed to the humanitarian reform of normal hospitals in France. He removed the chains of mental patients in the hospitals. His experiment resulted in kind and concerned treatments. The patients were permitted to exercise on the hospital grounds.
- b) **Hitch:** He introduced trained women nurses into the wards at the Gloucester Asylum of England. He also put trained supervisors as the heads of the nursing staff. It brought a change in the public attitude towards mentally ill.
- c) **Dorothea Dix:** She brought out awareness among the Americans about the inhuman treatment of the mentally ill. She reformed the asylum system. She was the cause of establishment of thirty-two mental hospital between 1841

and 1881. She organized the nursing forces of the Northern armies during the Civil War.

Check Your Progress 2

- 1) a) Linda Richard
b) Mclean Hospital, Waverly, Massachusetts
c) Fully developed course of psychiatric nursing in the curriculum
d) Harriet Bailey
e) Standards of Psychiatric Nursing
- 2) Peplau published a book *Interpersonal Relations in Nursing* (1952) that gave a systematic theoretical framework for psychiatric nursing and focused on the nurse-patient relationship.

Check Your Progress 3

- 1) a) 1912
b) 1918
c) 1946
- 2) During 1946, under the leadership of Sir Joseph Bhore, the National Health Survey revealed the mental health needs of the Indian population. The report stressed the urgent need to look after the mentally ill, like any other sick persons and stated that the teaching personnel are required to teach general physicians, social workers and nurses with orientation to psychiatric care.

Check Your Progress 4

- a) Raj Kumari Amrit Kaur College of Nursing, New Delhi
- b) Post-graduate Institute of Medical Education and Research, Chandigarh
- c) S.N.D.T. University, Bombay
- d) Christian Medical College, Vellore
- e) Christian Medical College, Ludhiana
- f) National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore

1.7 FURTHER READING

Kapoor, Bimla (2001), *Text Book of Psychiatric Nursing*, Vol. I, Kumar Publishing House, Pitampura, Delhi, 2nd edition.