

Kingdom of Bahrain  
Ministry of Health

**PSYCHIATRIC HOSPITAL**  
**WELCOME**  
**PACK**

P.O. Box 5128 Manama - Kingdom of Bahrain



Hospital Art Gallery

"We are happy for you to join us."



Hospital Art Gallery

Supervised by:

**Dr Adel Al-Offi**

Chairman Psychiatric Hospital

Contributions:

Dr Siddiqa Hussain

Dr Haitham Jahrami

Sr. Bahiya Yousif

Dr Charlotte Kamel

Dr Fatima Al-Mudaweb

Miss Mariam Tarada

Mr. Ahmed Hasan

The special thank goes to gsk for their sponsorship.



### TO ALL NEW STAFF

Dear Colleagues,

I would like to take this opportunity on behalf of the Management Council and the consultants' committee of the Psychiatric Hospital, and all the workers in all specialised units to welcome you to the family of the psychiatric hospital.

We consider you not just a positive addition to the team, but also the future leaders of the psychiatric services in Bahrain. You will be working in the integrated teams and committees of the hospital and we expect enthusiasm, cooperation and hard work.

Quality service for our patients is our top priority in the hospital and this can only be achieved by multidisciplinary working and maintaining your professionalism, and practising ethical codes and also keeping yourself updated with the modern treatment and practices.

We are confident that you will do your best to provide the best for patients and their families. Special thanks to our patients who contributed with their art in this package.

We wish you luck and we are always willing to listen to your suggestions and views.

All the best wishes

**Dr Adel Al-Offi**  
Chairman of Psychiatric Hospital

**B**efore the year 1932 there was no hospital or a place to keep the mentally ill; they were looked after by their families. Some of these patients used to wander about in the streets aimlessly where children and passers by used to make fun of them.

In 1932, **Charles Belgrave** (Adviser of the late Amir) asked the municipality to provide a home for these people, and so a small house was rented in Manama.

This was the beginning of the hospital for the insane which was called "House of the Mad". In this house 12 males and 2 females were kept. In 1937, patients were moved to another building located in the grounds where the Psychiatric Hospital is now located and it was called "Refuge of the mad".

In 1974, **Dr. Emad Fareed** was appointed as a director of the hospital. He was the first qualified psychiatrist in the Island. He changed the name of the place from the Mental Hospital to Psychiatric and Nervous Disorders Hospital. The first out-patient department was established in the Psychiatric Hospital by Dr. Butler in 1964. Since that period, the hospital developed year by year and now, it is a reorganized teaching hospital and includes many sub specialties.

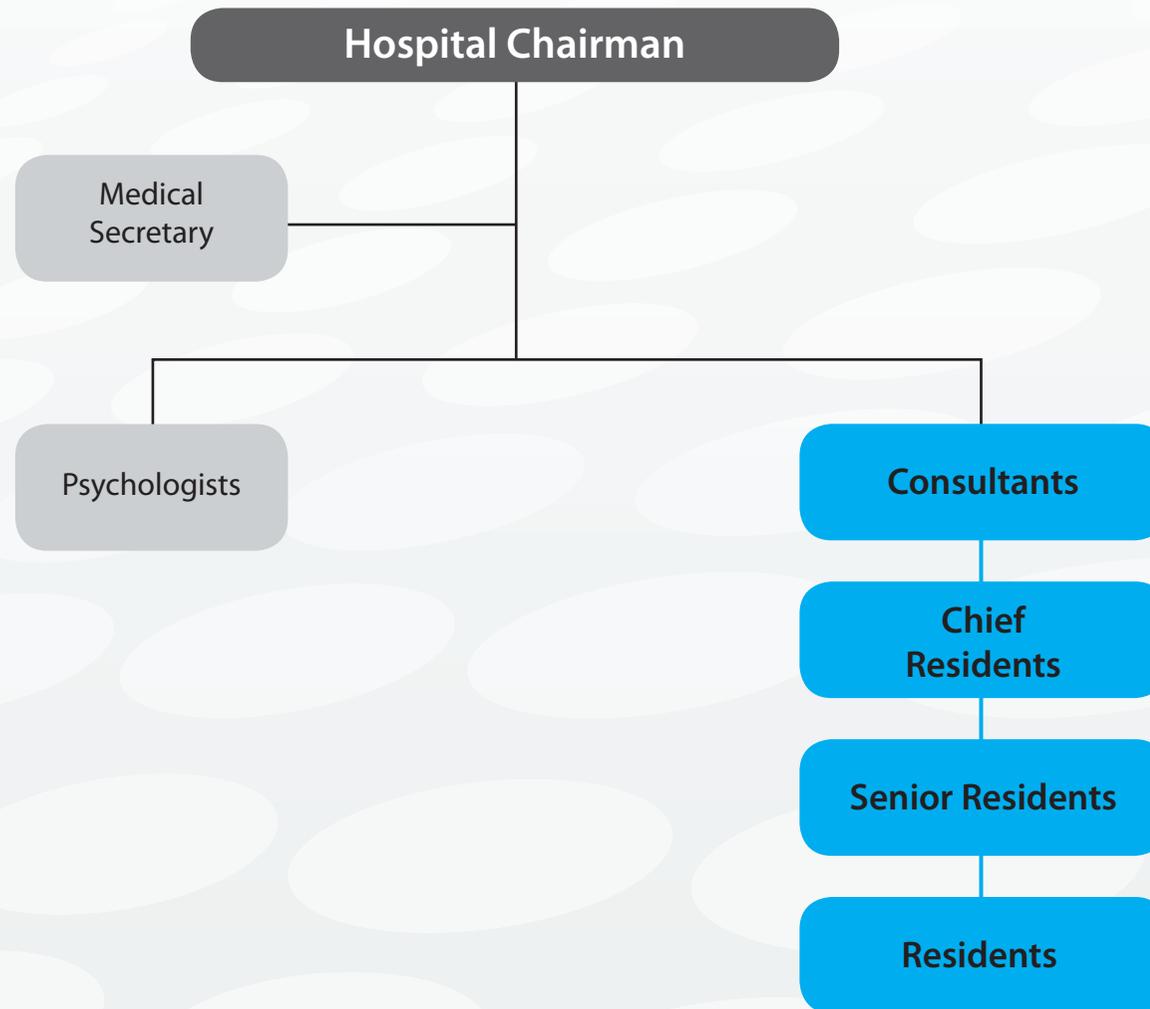
**T**he Psychiatric Hospital shall work proactively to provide secondary and tertiary healthcare services to the residents of the Kingdom of Bahrain. We hope to do so by making the best use of our available resources and by promoting quality improvement initiatives and establishing guidelines in the organization. We also aim to increase awareness towards personal responsibility for health maintenance, in addition to functioning as a teaching and training Hospital.

### Values

- **Professional Ethics**  
Expect all Psychiatric Hospital Staff to adhere to a professional code of ethics.
- **Equality**  
Provide access to high-quality diagnostic, therapeutic and rehabilitation services to all the citizens of the Kingdom of Bahrain equally.
- **Continuous quality improvement**  
Promote the concept of quality improvement in the organization and coordinate such activities.
- **Communication**  
Involve clients, both internal and external, in decision-making by opening up communication channels.
- **Staff empowerment**  
Provide adequate training and promotion opportunities to Psychiatric Hospital Staff, based on their needs and performances respectively.
- **Multidisciplinary Team Functioning**  
Ensure ease of operation with in multidisciplinary teams.
- **Decentralized Decision Making**  
Establish accountability as an introduction to decentralization.
- **Value for Money**  
Provide best value for money in terms of effective and efficient high-quality services with proper resource utilization.
- **Patient Focused Services**  
Shift priorities to clients' focus in high volume, high risk and problem-prone areas.
- **Personal Responsibility**  
Encourage clients' personal sense of responsibility towards their health by increasing awareness and health education.
- **Commitment to Strategic Direction**  
Work in alignment with the MOH strategic plan.

The hospital and **Medical Administration**, chaired by **Dr. Adel Al-Offi**, reports directly to the **Chief of Medical Staff**. The main function of administration involves overseeing health care regulation and compliance. Moreover, availability of the consultants' panel within the administration plays a vital role in planning, directing, controlling and implementing MOH strategies.

## Psychiatric Hospital Medical Organization Chart



## Medical Staff and Psychologists

Dr. Adel Al-Offi

Dr. Charlotte Kamel

Dr. Alaa Al Saddadi

Dr. Fadel Al Nasheet

Dr. Mohsin Toraif

Dr. Hussain Al Shakhoori

Dr. A.Nabi Derbas

Dr. Hameed Abdulla

Dr. Shubbar Al Qaheri

Dr. Jihad Al Ekri

Dr. Huda Marhoon

Dr. Ahmed Al-Ansari (Part Time)

Dr. M.K. Al-Haddad (Part Time)

Dr. Abdul Latif Al Hamada

Dr. Amani Al Sabbagh

Dr. Mazen Khalil

Dr. Siddiqa H. Hassan

Dr. Masooma A.Hussain

Dr. Zahra Al Shuwaikh

Dr. Eman Al Ekri

Dr. Salwa Al Zaman

Dr. Shahla Mashalla

Dr. Tariq A. Hameed

Dr. Gardenia Al Saffar

Dr. Huda Rashid

Dr. Muna M. Redha

Dr. Nabeel A. Ebrahim

Dr. Maisa Alkhunaizi

Dr. Hamda Ahmed Al Nashmi

Dr. Nedaa Ahmed Al Basri

Dr. Jenan Dairi

Dr. Dalal Jaffer Naiser

Dr. Mohamed Al Nofaie

Dr. Sawsan M. Kamal

Dr. Safinaz Farooq Obaid

Dr. Ali Al Salman

Dr. Basema A. Al-Fardan

Dr. Shaima Bucheri

Dr. Naila Ali Ahmed Nasser

Dr. Fatima Al Najar

Dr. Anwar Kadhum

Dr. Sami M. Al Salim

Dr. Layla Makki Thamer

Dr. Nadia A I Hawaj

Dr. Hajer Hassan Ishaq

Dr. Eman Yousif

Dr. Mahmood Mansoor Abdulla

Dr. Hanan Moh'd Al Bosta

Dr. Fatima Al-Mudaweb

Dr. Shawki E. Al-Ekri

Ms. Basema A.K. Alaiwat

Mr. Tawfeeq A.K. Al-Marzook

Ms. Zainab Ahmed Abbas

Mr. Mahmood A. Nabi

Ms. Raja Abdulla Al Hujairi

The Psychiatric Hospital is a university hospital, which offers a comprehensive training program both at undergraduate & postgraduate levels. In addition to hospital staff the program caters also for family physicians in training, intern Doctors, as well students from different universities such as Arabian Gulf University (AGU). AMA & RCSI students are attending & getting a lot of benefits from the services.

The program includes:

- 1) Case presentations and discussions
- 2) Journal clubs
- 3) Guest speakers, featuring locally and nationally recognized speakers invited to share their expertise on a number of topics
- 4) Debates about important issues in psychiatry

### **B. Specialty Residency Training Program (STRP) In Psychiatry**

STRP is a four-year residency training program in Psychiatry at Psychiatric Hospital in Bahrain which culminates in obtaining the examination Arab Board of Medical Specialisation which is a prerequisite to become a consultant psychiatrist. In accordance with the guidelines of the Arab Board of Psychiatry and Neurology, the clinical rotations in each residency year, the longitudinal experiences that span the years, and the associated didactics, provide a comprehensive training experience in the exciting and burgeoning field of psychiatry.

The STRP training includes the biological, psychological and socio-cultural aspects of psychiatry and strives to prepare residents for successful careers emphasizing clinical practice, scholarship, teaching and research.

The residents will be eligible to undertake a two-year fellowship in the field that he/she is interested in upon completion of the STRP Training and Arab Board of Psychiatry.

Throughout their four years of training, residents participate in a variety of formalized weekly seminars and lectures. The didactics are designed to parallel the resident's progressively expanding knowledge and skills, moving from the more basic concepts to the more complex, and involving increasing participation on the part of the resident.

### **First and Second Year Track**

More in-depth coverage of a range of topics which are coordinated with assigned readings, including:

- 1) neuro-anatomy, neurochemistry, neuropathology, and neuroradiology
- 2) psychiatric disorders affecting adults and children - natural course, diagnosis, and current treatment modalities
- 3) pharmacotherapy and somatic therapies
- 4) introduction to psychotherapy series
- 5) psychological testing
- 6) psychiatric practice guidelines

### **Third and Fourth Year Track**

Advanced lectures and seminars in which residents actively participate, including:

- 1) child and adolescent psychiatry
- 2) consultation/liaison psychiatry
- 3) geriatrics
- 4) substance abuse
- 5) business practices
- 6) research methods and statistics
- 7) diagnostic dilemma case conference
- 8) psychopharmacology journal club
- 9) ethics case conference
- 10) forensic case conference
- 11) advanced psychotherapy series

### **Tuesday Lectures**

The lectures cover important introductory information about the department, basic topics on interviewing techniques, evaluation of patients, diagnoses, pharmacotherapy, and treatment planning. The lectures are presented by faculty and senior residents.

**M**orning report is an activity which **starts at 7:30 am** on a daily basis where all medical staff in addition to the on-call team of nurses and residents attend under the supervision of two consultants and one nursing officer to discuss emergency cases which attended the casualty department during on-call hours. During the weekend and public holidays the report is provided by on-call doctors and the nursing supervisor.

## **Definition:**

Clinical psychology is, relatively speaking, a very recent health care profession in Bahrain. Indeed, the psychology unit, which is the only organized professional body providing psychology services, was established at the psychiatric hospital in as recently as 1992.

## **Service providers**

Currently, five psychologists are working in the unit; One of them is the head of the unit and reports directly to the chairman of the hospital.

## **Referral needed**

1. All patients including those who are referred from Salmaniya Medical Complex, Health Centers, and self referred who are in need for clinical psychology services must be first evaluated by a psychiatrist before being referred to the Psychology unit.
2. The Psychiatrist should fill in and sign the intra-hospital referral form and send it to the head of the concerned unit.

## **Types of services available at Psychology Unit**

The psychology unit accepts patients from inside and outside the hospital. The latter includes the out patients department, the limited private practice, and the liaison service. The unit has an input into the different units in the hospital such as the child and adolescent, long stay, day care and drug addiction. In addition it provides psychosexual therapy and marital counseling.

The activities of the psychologist are diverse and include the following:

### **1. Psychological Assessment:**

Psychologists employ various psychological instruments and methods in order to gain better understanding of the psychological attributes and problems. Assessment methods include tests such as those designed to measure intelligence and assess personality, questionnaires, rating scales, behavioral interview and direct behavioral observation.

### **2. Psychological Treatment:**

A primary function of clinical psychologists is to help people deal effectively with various clinical conditions and to bring about behavioral change. In order to achieve this goal, psychologists in this unit employ cognitive behavior therapy and /or counseling methods whether on an individual or group basis.

### **3. Psychological Evaluation:**

Use psychometric tools to evaluate the effectiveness of treatment procedures.

### **4. Miscellaneous Activities:**

In addition to the above functions, clinical psychologists working in the unit are involved in different activities in the hospital. These include training of other professional staff, involvement in drawing mental health care policies, participating in various committees and conducting research

## Nursing Services Administration

Nursing Services Administration is one of the most important administration in the Psychiatric Hospital. It is under the main nursing directorate at SMC, and chaired by Mr. Salman Jassim DCNS. (see nursing organization chart)

The mission of nursing services department is to provide individualized, planned and appropriate nursing care in a setting that supports the care, treatment, rehabilitation goals and needs of the patients.

In order to achieve high levels of professional nursing care, nurses are expected to attain a Bachelor Degree and Post-Basic Psychiatric Certificates.

## Nursing Quality Unit

The Nursing Quality Unit at the Psychiatric Hospital was established in 2006 by assigning one nurse supervisor to carry out quality activities. In 2010, another nurse supervisor was appointed and the unit functions were expanded in order to cover internal and external auditing.

At present the unit located in the Ghazali Building, ground floor, and office contact number ext: 6325, 6346.

## Infection Control Unit

Infection Control Unit at the Psychiatric Hospital was established in 2007 by assigning senior staff nurse to carry out infection control activities & to contact walking rounds.

In 2010, the environment team was established based on Canadian Accreditation recommendations and chaired by the infection control coordinator.

The infection control office located in the Al Ghazali building, ground floor, contact number ext: 6327.

## Nurses Training Program

Training refers to the acquisition (gaining) of knowledge, skills, and competencies as a result of the teaching of vocational or practical skills and knowledge that relate to specific useful competencies.

Training never ends and the goal of nursing training is to reach quality. It's a process that starts in any nursing environment - where there are challenges and changes – with training to reach the desired quality nursing standards.

As a department that forms an important part of the Psychiatric Hospital, Nursing Administration gives training the importance that it deserves. We divide training into two main divisions, short-term and long-term training. With the short-term we mainly mean courses that are less than 6 months, whereas long-term training refers to courses that exceed a six months' period. Many courses are listed as short-term courses, starting with conferences, workshops, seminars, lectures, and other training methods available in Kingdom of Bahrain or outside the kingdom. Diplomas, bachelor and master degrees are considered as long term courses.

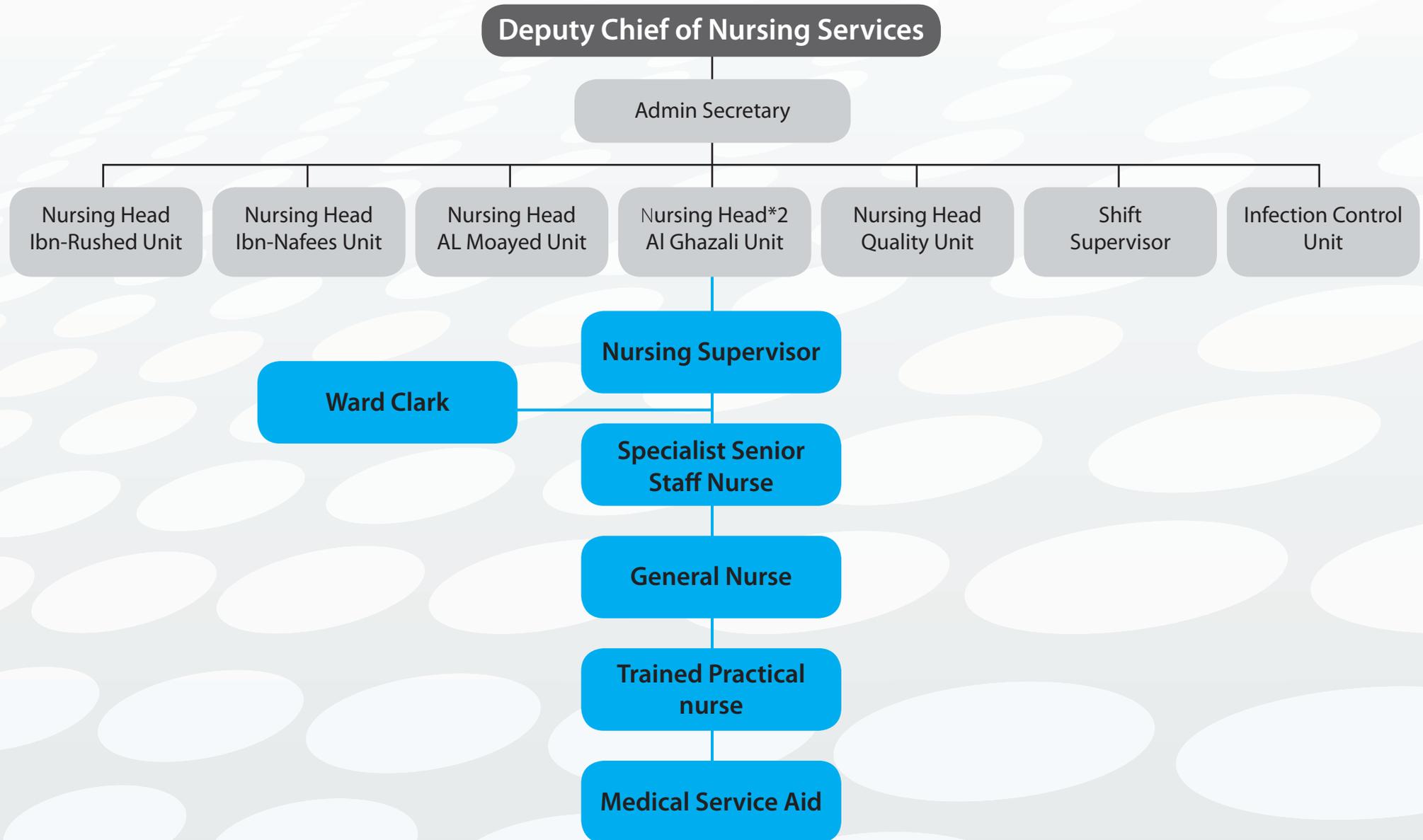
With the notion of reaching quality nursing services, firstly, we always decide our training needs based on all wards' and departments' requirements. We involve in the selection process all nursing categories including medical service aids and ward clerks. Secondly, we consider agencies such as Bahrain Defence Force Hospital, Royal College of Surgeons, College of Health Sciences and other health agencies as partners in the process of Training.

Finally, our emphasis is to improve the process of training. We already began with changing the ordinary registry to be computerized for a better tracing system and we look forward in expanding cooperation with the Training Department to centralize this registry.

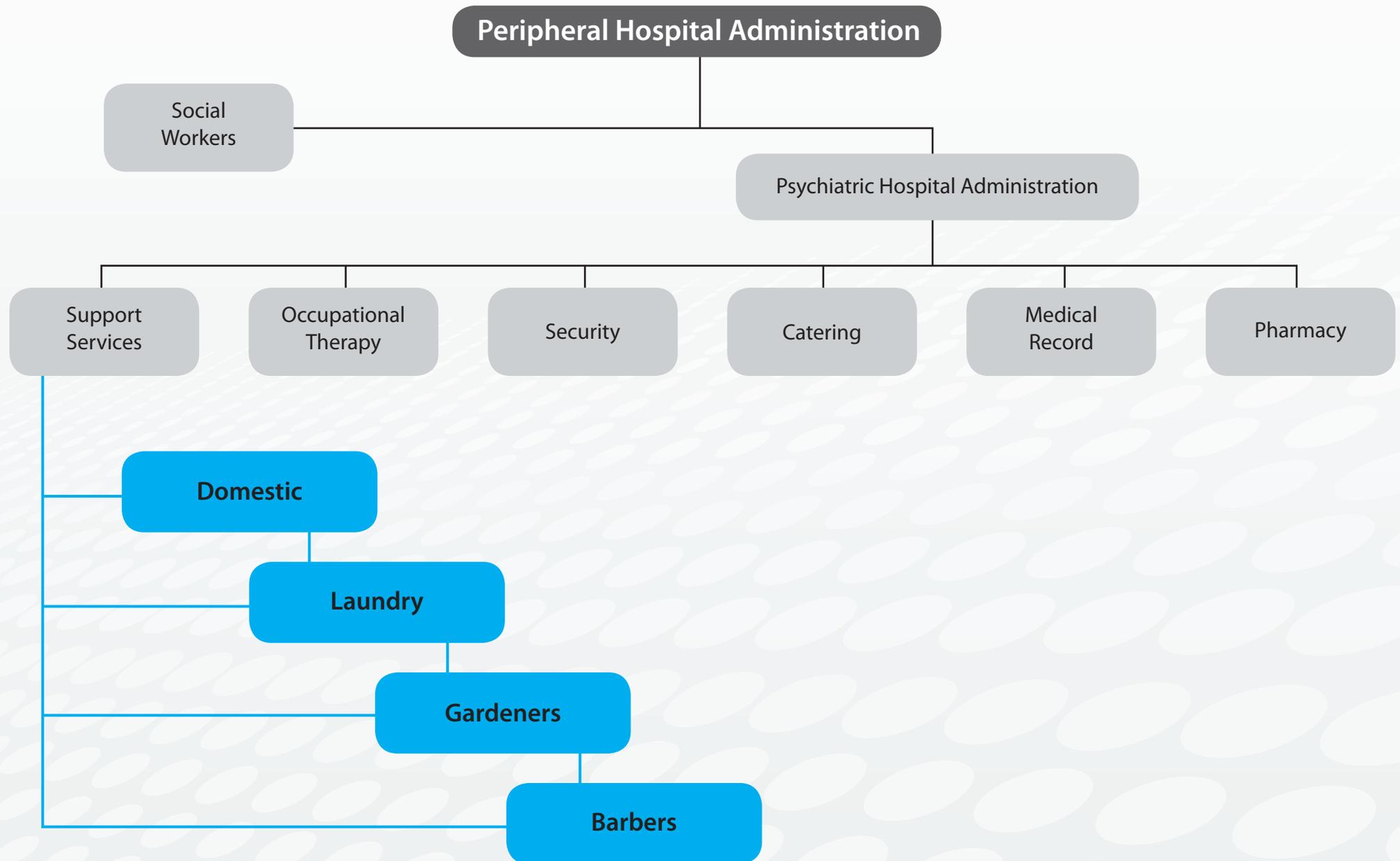
**Table 1**

Nursing Designation	Number
Deputy Chief of Nursing Services	1
Head nurses	5
Nurse supervisor	23
Nurses	255
Train practical nurse	10
Medical practical nurse	37
Ward Clark	12
Secretary	2
<b>Total</b>	<b>345</b>

# Psychiatric Hospital Nursing Organization Chart



# Psychiatric Hospital Organization Chart



## Definition

Social Work is the professional activity of helping individuals, groups, or communities enhance or restore their capacity for social functioning and creating societal conditions favorable to this goal.

Social Work practice consists of the professional application of Social Work values, principles, and techniques to one or more of the following ends:

1. helping people obtain tangible services;
2. counseling and psychotherapy with individuals, families, and groups;
3. helping communities or groups provide or improve processes.

The practice of Social Work requires knowledge of human development and behavior; of social, economic, and cultural institutions; and of the interactions of all these factors.

(Adopted by the National Association of Social Workers)



## Service providers

Please see table 2 below

**Table 2**

Social worker	Covering Units	Contact number
Batool Shubber	(Head of the department & covering Child & Adolescent Unit	17279328
Fadeela Shubber	Intellectual Disability Department & Al Moayyed Unit	17279359
Hayat Al Alawi	Community Services; Farabi Unit & Anxiety Clinic	17279355
Mulook Al Bharna	Forensic Psychiatry & General Adult Firm C (Male Patients)	17279358
Hayat Al Saad	Old Age Psychiatry (Psycho-geriatric Firm)	17279357
Badriya Ebrahim	General Adult Firm B (Male Patients)	17279356
Mahmood Talaq	General Adult Firm A & Liaison Psychiatry	17279370
Um Kalthoom Al Qassab	General Adult Firm B & C (Female Patient)	17279356

## Definition:

The Occupational Therapy service provides assessment and treatment of people through the use of specific purposeful activities in order to promote independence and quality of life. Occupational Therapists assess the physical, psychological and social functions of the individual, identifying areas of function and dysfunction. The individual is involved in a structured programme of activity to overcome disability.

## Service providers

Dr Haitham Jahrami, Consultant Occupational Therapists & Head of the Department,  
Occupational Therapist: Ms. Jeneffa Glory, Ms. Zahraa Saif & Mr. Ganavelu Panchasharam;  
Physiotherapist: Mr. Ferlan Peralta & Ms. Suad Hubail Sr. Physiotherapist & Deputy Head

## Referral needed

All the patients attending the OT must be referred to the department by a psychiatrist using the Intra-Hospital Referral Form. At times the service operates a waiting list and will prioritize services according to set criteria.



Occupational Therapy Unit  
Wellness Program for Healthy Lifestyle

The pharmacy is located in the administrative building, ground floor (for more details please see the map).

### Services providers

Pharmacist: **Mr Adel Serhan** (Head of the Pharmacy at the Psychiatric Hospital), 2 senior pharmacists technician and 3 pharmacists technicians.

### Working hrs

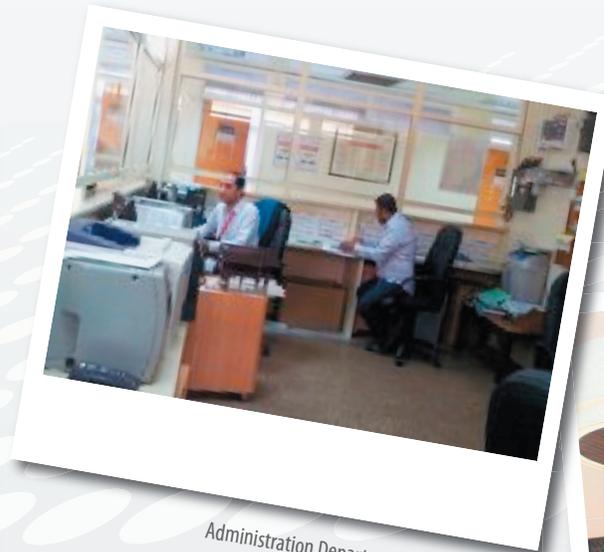
Sunday to Thursday

Days	Working hrs
Sunday	7:00 to 6:00
Monday	7:00 to 6:00
Tuesday	7:00 to 6:00
Wednesday	7:00 to 3:30
Thursday	7:00 to 3:30

### Psychiatric medications available at pharmacy in Psychiatric Hospital

1. Anti-Psychotic (Typical Antipsychotic, Atypical Antipsychotic & Depot)
2. Anti-Depressant (Selective Serotonin Reuptake Inhibitors, SSRI, Tricyclics, Monoamine oxidase inhibitors (MAOIs) & others).
3. Anti-Anxiety (Benzodiazepines, Beta Blockers & Others)
4. Mood stabilizers
5. Anti-cholinergic
6. Stimulants

- 1) GENERAL ADULT PSYCHIATRY
- 2) DRUG/ALCOHOL DETOXIFICATION AND REHABILITATION UNIT
- 3) CHILD & ADOLESCENT PSYCHIATRY
- 4) COMMUNITY PSYCHIATRY
- 5) OLD AGE PSYCHIATRY & REHABILITATION
- 6) INTELLECTUAL DISABILITY
- 7) FORENSIC PSYCHIATRY
- 8) LIAISON PSYCHIATRY
- 9) ANXIETY CLINIC
- 10) MARITAL COUNSELLING CLINIC



Administration Department Medical Records



## Psychiatric Units

### General Adult Psychiatry

General Adult Psychiatry services divided into Out-Patient Services & In-Patient Services. The service is divided into three main firms

- 1) Firm A (Dr Alaa Al Saddadi)
- 2) Firm B (Dr Charlotte Kamel)
- 3) Firm C (Dr Hussain Al Shakhoori)

Services Provider for each firm: **a consultant psychiatrist, residents, social workers & staff nurses.** The distribution of patients to each firm depends on the duty on-call of each consultant.

#### Acute Adult In-patient Services

Alternate names: (Previous names: Adult Inpatient Mental Health, Inpatient Adult Psychiatry)

#### Available Units

Available age 18 years up to 64 years

The inpatient units are called Al Ghazali (Table 3)

- These units provide treatment for persons suffering from acute episodes of mental illness such as psychosis, major depression, bipolar affective disorder, generalized anxiety disorder, adjustment disorders, suicidal behaviors, forensic and concurrent medical and /or psychiatric disorders such as chronic neurological and other concurrent mental illnesses (see table 1).
- Treatment of patients offers an interdisciplinary opportunity for individual and group therapy, support, psycho education, family conferences, medication assessment, and electroconvulsive therapy (ECT) when appropriate. Treatment approach includes behavioral, pharmacological and psycho-social intervention.

- Patients from medical, surgical, ICU and other departments from (SMC) Salmaniya Medical Complex are admitted to the Psychiatric Inpatient Units after being assessed by Liaison Psychiatry, for further assessments and continuity of care.

Table 3

Units	Gender	Section	Firm	Bed Capacity	Contact Number
Al Ghazali 11	Male	Intellectual Disability	Intellectual Disability	16	6311
Al Ghazali 12	Male	General Adult	C	8	6312
Al Ghazali 13	Male	General Adult	B	9	6313
Al Ghazali 21	Female	General Adult	B	16	6321
Al Ghazali 22	Female	General Adult	A	8	6322
Al Ghazali 23	Female	General Adult	C	9	6323
Al Ghazali 31	Male	Forensic	Forensic	11	6331
Al Ghazali 32	Male	General adult	B	8	6332
Al Ghazali 33	Male	Intellectual Disability	Intellectual Disability	9	6333
Al Ghazali 42	Male	General adult	A	8	6342



Al Ghazali Bldg.

**General Adult Out Patient Services**

- Out Patient clinic is located in the ground floor in the administrative building.
- It provides a full range of clinical services for general adults, anxiety clinic, forensic clinic, intellectual disability & old age psychiatry.
- The department’s facilities include registration office; clinics for different psychiatry firms, emergency clinic, triage room, nursing station & pharmacy (see table 4)

**Table 4**

Subspecialties	Firm	Consultant	Clinic Days	Ward Round
General	A	Dr Alaa Al Saddadi	Monday & Thursday	Sunday (male pts) Wednesday (female pts)
General	B	Dr Charlotte Awad	Sunday & Wednesday	Monday (male pts) Thursday (female pts)
General	C	Dr Hussein Al-Shakhoori	Monday & Thursday	Sunday (female pts) Wednesday (male pts)
Anxiety	Anxiety	Dr Jihad Al Ekri	Sunday, Tuesday & Thursday	Nil
Old Age	Old Age	Dr Adel Al-Offi	Tuesday	Monday
Forensic	Forensic	Dr Fadel Al-Nasheet	Tuesday	Thursday & Monday
Intellectual Disability	Intellectual Disability	Dr Shubber Al-Qahri	Tuesday	Monday (Male pts) Thursday (female pts)
Emergency Clinic	-	-	Daily	
Triage Room	-	-	Daily	
Depo Clinic	B	Dr Charlotte Awad	Wednesday	



*Nursing Staff*

## Drug/Alcohol Detoxification and Rehabilitation (Al-Moayyed Unit)

Al Moayyed Unit has been established in 1987. The goal of treatment is abstinence. Treatment approaches range from in patient hospitalization, drug and alcohol rehabilitation facilitates and various outpatient programs. Twelve-step programs such as Narcotic Anonymous are also treatment options.

Available age over 18 years

### Service providers

Consultant Psychiatrist (Dr Abdul-Nabi Derbas), Residents, Licensed Practical Nurses, Nurses, Occupational Therapists, Psychologists, & Social Workers

### Referral needed

It is often possible to discuss referrals with one or more members of the multi-professional team. Referrals often come from Adult Mental Health Psychiatrists, Local Health Center, Accident & Emergency, and self referral.

### Types of services available at psychiatric hospital

#### 1) Out Patient Clinic at Al Moayyed Unit

- a. Available days: Sunday & Thursday (Follow up cases)
- i. Tuesday (New cases)

#### 2) In Patient Services (see table 5 below)

- Al Moayyed 1
- Al Moayyed 2

#### 3) Liaison Services

- Dr. Basmah AlFardan

Table 5

Units	Gender	Bed Capacity	Types of service	Contact Number
Al Moayyed 1	Male	16	Detoxification	+973-17279325
Al Moayyed 2	Male	13	Rehabilitation	+973-17279304

- 1) Ideally, hospitalization is at one end of a comprehensive continuum of services for people needing treatment for behavioral problem. It is generally viewed as the last resort after other less restrictive forms of treatment have failed.
- 2) Hospitalization is necessary in cases where patient is in imminent danger of harming himself or others or has made a suicide attempt.
- 3) Crisis stabilization, behavioral modification, supervised substance abuse detoxification and medication management are compelling reasons to consider hospitalization.
  - During admission patient relinquishes the freedom to move about and, once admitted, becomes subject to the rules and schedule of a treatment environment.
  - Hospitalization to Al-Moayyed Unit is voluntary and patient may leave treatment at any time, invoking the right to do against medical advice (AMA).



## Child & Adolescent Psychiatry Services

### Available

Below age 18 years

### Type of Child & Adolescent Psychiatry services

- 1) Child & Adolescent Unit at psychiatry hospital
- 2) Child & Adolescent Psychiatry Mental Health Services (CAMHS) at Salmaniya Medical Complex (SMC)
- 3) Community Services
- 4) Liaison Services

### Child & Adolescent Unit at psychiatry hospital Service Provider

Head-medical-service (Consultant Dr Huda Marhoon, Dr Siddiqa Hussain & Dr Ahmed Al Ansari), residents, Staff nurses, Clinical Psychologist, Social worker, Teacher, & Occupational therapist.

### Types of Services available at Psychiatry Hospital for Child & Adolescent:

#### Out Patient Clinics

Accept referral cases from different institutions e.g. – school, Health center and family.

Available clinic days Sunday, Monday & Wednesday

#### In-Patient Services

There are three types of admissions:

- 1) In- patient: Children under the age of 13 years will be admitted in the unit and may go for pass if their behavior permits.
- 2) Day patient: Children under the age of 13 years and will attend the unit from 8 am to 9 pm.
- 3) Pre-school: Children between 2-6 years old and they will attend the unit from 8 am to 1 pm



### Community Services

#### Regular consultation to:

- Hope Institute
- Rehabilitation Home
- Rehabilitation Centre
- Daycare Centre for Multiple Disabilities
- Al-Wafa Centre for Autism
- Al-Rashad Centre for Autism
- Child Protection Committee

#### Consultation as requested:

- Schools
- Juvenile Care Centre
- Sneha Centre
- Institute for the Blind
- Child Care Home-Orphanage

Table 6

Unit	Gender	Bed Capacity	Contact Number
Child	M/F	12	+973-17 279343

## Psychiatric Units

### Child & Adolescent Psychiatry Mental Health Services (CAMHS)

The service is a multidisciplinary team located in paediatric clinics at Salmaniya Medical Complex.

#### Service Provider

It has been running since March 2011 by **Dr Fadhela Al Mahroos (Consultant Paediatrician)**, **Dr Siddiqa Hussain (Consultant Psychiatrist)**, **Dr Eshraq Al Aamer (Paediatrician, Chief Resident)**, Social worker, Clinical Psychologist and a Staff nurse.

#### Available:

The therapist provides psychotherapy for children and adolescents **below the age of 17 years**.

**Working days: Sundays & Tuesdays.**

The clinic offers specialist psychotherapy treatment and practical parenting information, advice and support for parents of children of all ages, from infants to teenagers.

#### The types of concerns that parents seek assistance for include:

- Infant problems such as persistent crying or sleeping difficulties
- Toddler concerns such as tantrums, non-compliance, or mealtime difficulties.
- Preschool difficulties such as aggression, fears, nightmares, or bed-wetting
- Primary school problems such as bullying, school refusal, low self-esteem, or homework difficulties
- Teenage behavioural concerns such as self-harm, suicidal and peer relationships.

- Concerns with sexual, emotional & physical abuse.

- Child behavioural difficulties due to parental physical & mental health problems.

#### Treatment

The therapists listen to the child and attend to the child's experience and feelings. Children are helped to express their problems through language and play.

Play therapy is generally employed with children aged 3 through 11 and provides a way for them to express their experiences and feelings through a natural, self-guided, self-healing process. As children's experiences and knowledge are often communicated through play, it becomes an important vehicle for them to know and accept themselves and others.



Out Patient

## Community Psychiatric Services

Community Psychiatric Services (CPS): It is a service, which covers the primary preventive aspect, treatment and rehabilitation of the psychiatric patients or patients with intellectual disorder outside the hospital and in the community at large.

**Community Mental Health Services is located in Ibn Al Rushed Unit.**

Contact Number: **+973-17279336**

### Service Providers

Consultant Psychiatrist (Dr Hameed Abdulla), Residents, Licensed Practical Nurses, Nurses, Occupational Therapists, Psychologists, & Social Workers

**Types of services provided by Community Psychiatric Services at Psychiatry Hospital (covering General Adult Psychiatry, Old Age Psychiatry & Intellectual Disability Firms)**

#### 1. Community home visit

A regular home visit to the PT will be carried by CPS teams accordingly. To provide care and treatment in patient own environment after fulfillment all requirements of acceptance.

#### 2. Crisis intervention:

It is a short-term intervention which requires intensive involvement of the crisis team. The team will visit the patient in their home in the presence of the family and initial treatment will be given

**Crisis:** A period of disequilibrium and decreased functioning as a result of an event or situation that creates a significant problem which cannot be resolved by using familiar coping strategies.

#### 3. Day Care

is a form of partial hospitalization in which the client participates in a treatment program provided in a therapeutic environment while continuing to participate in daily family life

#### 4. Hotline Services

The Hotline Service has been established in the Psychiatry Hospital in June 2010. It offers psychological support for (emotional crises, bullied victims, and those contemplating suicide), access to information about psychological resources, advice or customer service via telephone, usually by a senior psychiatric Resident.

**Tel: 39425525    Availability: from 8:00 am till 2:00 pm.**



## Old Age Psychiatry Services

Alternate names: (Previous names: Psycho-geriatric Mental Health)  
Available age over 65 years

### Service providers

Dr Adel Al-Offi is a consultant in Old Age Psychiatry specialized in the diagnosis, treatment and care of older people with mental health problems. He is part of a specialist team representing the professions of Residents, Psychiatric Nursing, Occupational Therapy, Psychology, Physiotherapy and Social Worker. Other professionals, such as Dieticians can also be called upon when needed.

### Referral needed

It is often possible to discuss referrals with one or more members of the multi-professional team, and hotline will be able to advise on this. Referrals often come from Local Health Centers, Accident & Emergency or other Medical Doctors, for example a Neurologist or Adult Mental Health Psychiatrist, but referrals from any source will be considered.



Following a referral for a psychiatric opinion, an appointment will be made to see the older person in:

- 1) An Out-Patient Clinic available on Tuesdays (see table no1).
- 2) Admission to "In-patient units" if the person is suffering from acute episode of mental illness, concurrent medical or psychiatric disorders such as chronic neurological and other concurrent mental illnesses (see table no 3).

Table 7

Units	Gender	Bed Capacity	Types of Services	Contact No.
Ibn Nafis 1	Male	18	Long stay	+973 17 279351
Ibn Nafis 2	Female	30	Long stay	+973 17 279352



- 3) If the person is refusing to be reviewed, having problems or is too ill to attend, a "Community Services" domiciliary visit will be arranged to the person's own home.
- 4) Liaison Services. Dr Sami Salim bleep 3352
- 5) Alzheimer Support Group [www.moh.gov.bh/PDF/altawssso.pdf](http://www.moh.gov.bh/PDF/altawssso.pdf)

مجموعة المساندة لمرضى الزهايمر

### Intellectual Disability Services

Intellectual disability is a disability characterized by significant limitations both in intellectual functioning and deficits in two or more adaptive behaviors as expressed in conceptual, social, and practical adaptive skills. This disability originates before the age of 18.

A person is determined to have intellectual disability if they have an IQ score that is two standard deviations below median (below about 70, whereby 100 is the median).

#### Services available at psychiatric hospital for intellectual disability patients

Available age over 18 years

#### Service providers

Consultant Psychiatrist (Dr Shubber Al Qaheri), Residents, Licensed Practical Nurses, Nurses, Occupational Therapists, Psychologists, & Social Workers

#### Types of services available at psychiatric hospital for intellectual disability patients (see table 3)

- 1) Out-patient services (see table 4)
- 2) Community services
- 3) In-patient services (see table no 3)

Table 8

Units	Gender	Bed Capacity	Types of services	Contact No.
Ibn Nafis 2	Female	30	Long stay	+973 17 279352
Ibn Nafis 3	Male	22	Long stay	+973 17 279353
Al Ghazali 11	Male	16	Short stay for mental health problem & respite	+973 17 286311
Al Farabi	Male	8	Rehabilitation	+973 17 279341

### Forensic Psychiatry

**Forensic Mental Health Services** Alternative name: Forensic Psychiatric Unit (FPU)

#### Definition:

Forensic Psychiatry is a sub-specialty of psychiatry which is related to Forensic Medicine. The word Forensic is derived from the Latin word "forum" which deals with mental illness when it comes into conflict with the law.

Forensic Psychiatry is a combination of the law and psychiatric practice that deals with issues like criminal responsibility.

#### What Does a Forensic Psychiatrist Do?

He is concerned with the evaluation, re-evaluation and assessment of an individual, treatment and rehabilitation of patients suffering from a mental disorder who offend or considered likely to offend; and is also concerned with those non-offending individuals detained by court orders who are difficult to be managed; but whose behavior is responsive to control and treatment.

#### Other issues that Forensic Psychiatry deals with:

1. elderly offenders,
2. child molestation, mental disability
3. fitness to stand trial, long-term offenders,
4. mental health law, probation and parole,
5. risk assessment and management,
6. juvenile justice, psychic injury
7. violence

#### Service providers:

Consultant Forensic Psychiatrist (Dr Fadhel Al-Nasheet), Chief Residents, Senior Resident, Nurses, Occupational Therapists, Psychologists, Probation Officer & Social Worker.

Types of services available at Psychiatric Hospital for Forensic Parents:-

1. Outpatient
2. Inpatient Services

## General Adult Liaison Psychiatry

### Definition:

Consultation-Liaison in general adult psychiatry is a specialized service within psychiatry that deals with the overlap of physical health and mental health care issues. The consultant in general adult psychiatry is a specialist in the diagnosis, assessment, management and prevention of the full range of mental health disorders affecting adults of working age.

### Types of patients

Liaison Psychiatrists have to be ready to offer assessment and treatment to people with any psychiatric disorder at SMC. Commonly encountered problems and disorders include deliberate self-harm, Delirium, Depression, Anxiety, Acute Psychosis, and Dementia. We also see people with medically unexplained symptoms, neuro-psychiatric disorders, eating disorders and almost any other psychiatric disorder.

### Service providers:

Consultant Psychiatrist (Dr Mohsin A. Aziz Toraif), a chief psychiatrist resident, & a specialist/ senior staff nurse chief-psychiatric.

**Dr Shahla Mashaallah bleep 3354**

### Common procedures/interventions by General Adult Liaison Psychiatry at Salmaniya Medical Complex (SMC)

Liaison Psychiatrists provide a service across three broad areas of the hospital:

1. The Emergency Department (available age 14- 65yrs).
2. Hospital wards (age available 'working age adults' 18-65yrs).
3. Liaison Psychiatry outpatient clinics (located at out patient department at SMC, available only Mondays from 8:00 to 12:30).

## Anxiety Clinic

### Definition:

Anxiety is a normal reaction to stress. It helps one deal with a tense situation in the office, study harder for an exam, and keep focused on an important speech. In general, it helps one cope. But when anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling disorder.

### Five major types of anxiety disorders are:

1. General Anxiety Disorder
2. Obsessive-Compulsive Disorder (OCD)
3. Panic Disorder
4. Post-Traumatic Stress Disorder (PTSD)
5. Social Phobia (or Social Anxiety Disorder)

### Service providers:

Consultant Psychiatrist (Dr Jehad J. Al Ekri), a chief psychiatrist resident, a social worker and a clinical.

### Anxiety Treatment Options:

**Cognitive Therapy:** Cognitive Therapy focuses on learning to separate realistic and unrealistic thoughts. By doing so, the therapist and patient are working together in an attempt to alter unwanted and alarming thoughts.

**Behavioural Therapy:** Behavioural Therapy focuses on learning to cope with difficult situations. The goal in behavioural therapy is to ultimately reduce unwanted behaviour.

**Relaxation:** Practices such as exercise and breathing retraining help the patient gain the ability to utilize coping mechanisms for the stressors that contribute to their anxiety.

**Medication:** When used in addition to other forms of treatment, medication can be a short or long term option to help ease severe symptoms so that other forms of therapy can be more beneficial.

## Marital Counselling Clinic

### Relationship Counselling (Definition):

It is the process of counselling the parties of a relationship in an effort to reconise and to better manage or reconcile troublesome differences and repeating patterns of dismiss.

### Couple Therapy

Is a related and different process. It is more about seemingly intractable problems with a relationship history, where emotions are the target and the agent of change.

### Marriage Counselling or Marital Therapy

Can refer to either or some combination of the above.

### Service Provider:

Marital/Psychosexual therapy is offered by **Dr M.K. Al Haddad** and **Ms. Basema Alaiwat**.

### Days and time of the clinic:

Monday and Tuesday (8:00 am - 11:00 am)

### Referral Procedures:

1. The psychiatrist normally refers any patient in need of marital and/or psychosexual intervention(s) by filling in the intra-hospital referral form.
2. Prior to the referral, a detailed social history must be obtained; furthermore, the psychiatrist usually presents the case to the treating team ; the latter provide progress reports on the outcome of therapy and any possible recommendations.
3. The psychiatrist continues to follow the patient up for the psychiatric disorder.

There are 16 committees available at Psychiatric Hospital, apart from the consultant committees:

- 1) Board committee
- 2) Medical committee
- 3) Drug Committee
- 4) Social Committee
- 5) Outpatient Committee
- 6) Long Stay Committee
- 7) Training Committee
- 8) Library Committee
- 9) Quality Improvement Committee
- 10) Mental Health Promotion & Media
- 11) Scientific Research Coordination
- 12) Continuous Medical Education
- 13) Morbidity and Mortality committee
- 14) Committee for mental health well being
- 15) Safety Committee and Infection Control
- 16) Psycho-education Committee

### **Committee procedures:**

It is common for a chairperson to organize a committee meeting through an agenda, which is usually distributed in advance.

The Chairperson is responsible for running meetings and keeping the discussion in line with the ongoing subject, recognizing members. Meetings operate informally, with the chairperson being responsible for deciding how formal the committee processes will be.

Minutes, a record of the discussion and decisions of the meeting, are often taken by a person designated as the secretary of the committee

For committees that meet regularly, the minutes of the most recent meeting are often circulated to committee members before the next meeting, and are available to the membership of the whole.

Committees may meet on a regular basis, often monthly, or meetings may be called irregularly as the need arises. During an emergency, a committee may meet more than once per day.



Hospital Art Gallery

**M**ental illness affects millions of persons throughout the world, regardless of age, gender, class, or nationality. One in five people will suffer a significant episode of mental illness over the course of their lives, with neuropsychiatric disorders comprising the leading cause of disease burden in countries with established market economies and the third leading cause of disease burden across the globe. The immense suffering associated with mental illness is greatly increased by stigma, societal disadvantage, and coexisting conditions.

Psychiatrists are physicians with specialized knowledge of mental illness and its treatment. Psychiatrists share the same ethical ideals as all physicians and are committed to compassion, fidelity, beneficence, trustworthiness, fairness, integrity, scientific and clinical excellence, social responsibility, and respect for persons. Psychiatrists endeavor to embody these principles in their diverse roles as diagnosticians, treating physicians, therapists, teachers, scientists, consultants, and colleagues.

The daily work of psychiatrists poses distinct ethical challenges. Mental illnesses directly affect thoughts, feelings, intentions, behaviors, and relationships – those attributes that help define people as individuals and as persons. The therapeutic alliance between psychiatrists and patients struggling with mental illness thus has a special ethical nature. Moreover, because of their unique clinical expertise psychiatrists are entrusted with a heightened professional obligation: to prevent patients from causing harm to themselves or others.

Psychiatrists may consequently be required to treat patients against their wishes and breach the usual expectations of confidentiality. Psychiatrists may also be called upon to assume duties of importance to society, such as legal or organizational consultation, that are beyond the scope of usual clinical activities. These features of psychiatric practice may therefore create greater asymmetry in interpersonal power than in other professional relationships

and introduce ethical issues of broad social relevance. For all these reasons, psychiatrists are called upon to be especially attentive to the ethical aspects of their work and to act with great professionalism.

Psychiatrists are entrusted to serve in a special role in the lives of ill persons and in society as a whole. Psychiatrists' ability to serve in this special role is predicated on the fulfillment of the ethical principles that ground the field. This is the cardinal feature of a profession: professionals apply specialized knowledge in the service of others, and are part of a distinct group that affirms a code of ethics and engages in self-governance.

Members of the profession, by definition, must exercise strong self-discipline and accept responsibility for their actions. They must seek to adhere to a specific set of standards. As a consequence, there are many who have a stake in the ethical commitments and conduct of psychiatric practitioners. This is most apparent for patients and their families, but it is also true for colleagues, students, members of the profession of medicine as a whole, and society at large. All count on the profession's integrity in embodying the principles of ethical practice.



Hospital Art Gallery

## Ethics and Professionalism in Psychiatry

Ethical conduct by psychiatrists goes beyond mere knowledge of ethics principles. It also requires certain moral skills and habits. These assure that ethically sound judgment and the actions that follow fall within accepted ethical bounds. Examples of skills of importance to the ethical practice of psychiatry include:

- 1) the ability to recognize ethical aspects of a professional situation;
- 2) the ability to reflect on one's role, motives, potential "blind spots", and competing or conflicting interests;
- 3) the ability to seek out, critically appraise, and make use of additional knowledge and valuable resources, e.g., clinical, ethical, or legal information;
- 4) the ability to apply a formal decision making model in evaluating the ethical aspects of a professional situation and in identifying possible courses of action;
- 5) the ability to create appropriate safeguards in an ethically complex situation.

Routine behaviors or habits of the ethical practitioner include obtaining additional data, seeking appropriate consultation or supervision, maintaining clear professional boundaries, and separating roles that may pose conflicts. Together these skills and habits support ethical decision-making and minimize the likelihood of ethical breaches.

### **Main Switch Board**

Tel: +973-17288888

### **Chairman Personal Assistant**

Tel: +973- 17279399

Fax: +973-17270637

### **Medical Administration**

Tel: +973-17279319

Fax: +973-17270637

### **Nursing administration**

Tel: +973-17279307

Fax: +973-17279320

### **Hospital Administration**

Tel: +973-17279301/+973-17279309/+973-17279305

Fax: +973-17279363

Email: [anajjar@health.gov.bh](mailto:anajjar@health.gov.bh)

### **Appointments & Referrals**

Tel: +973-17279311

### **Maintenance**

Tel: +973-17279333

Emergency Maintenance: Ext 7000

### **Security**

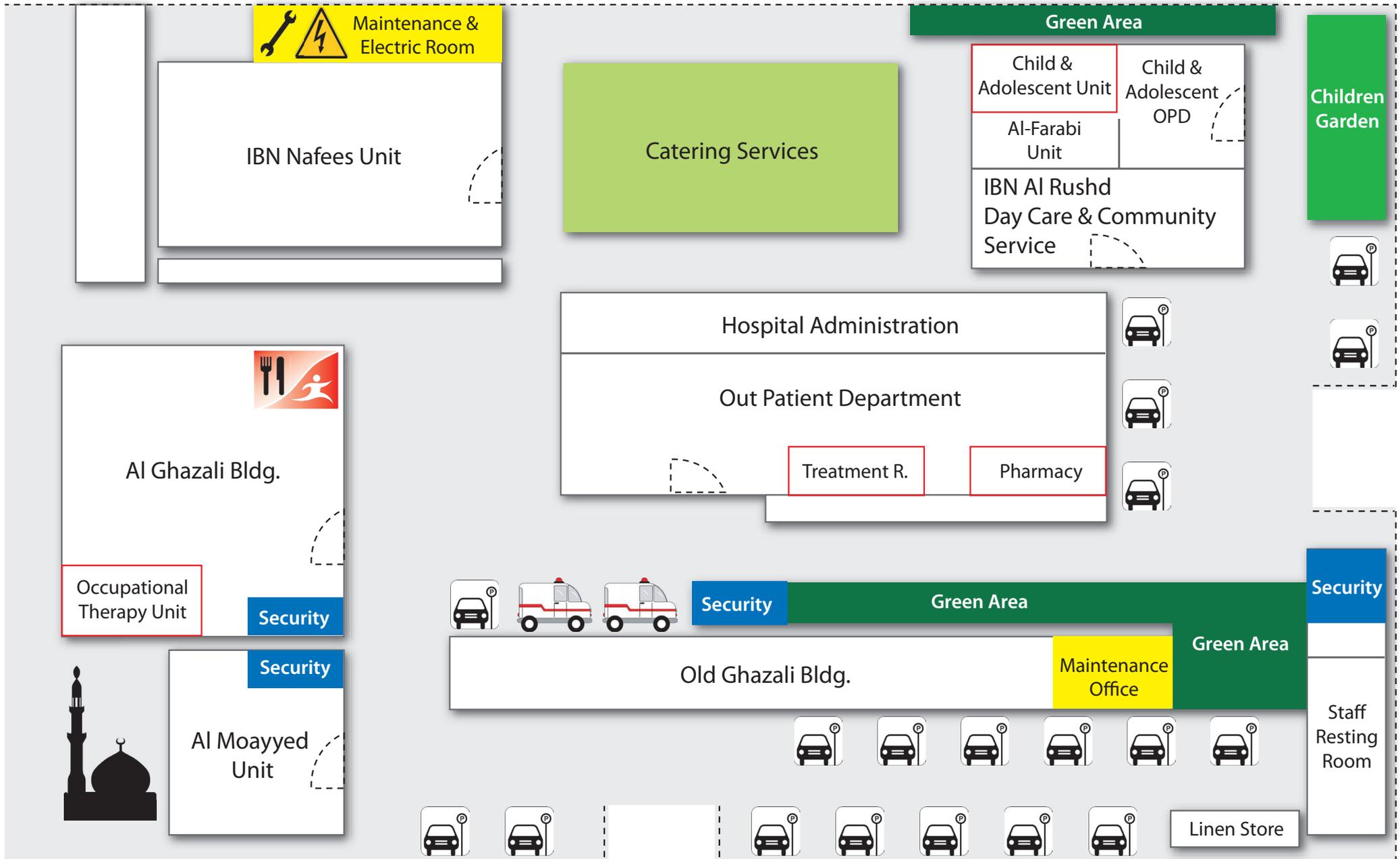
Tel: +973-17279308

### **Infection Control**

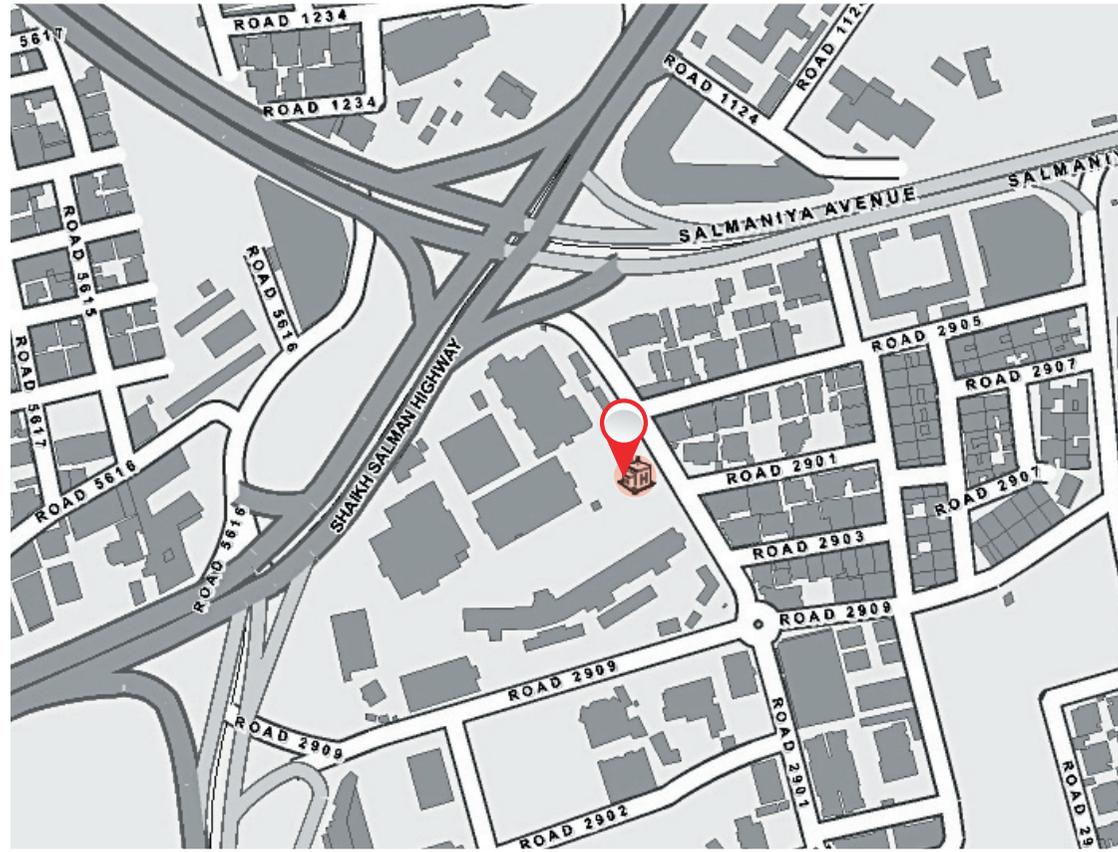
Tel: 00973-17286327

Tel: +973-17284749 SMC

# Psychiatric Hospital Campus Map



## Psychiatric Hospital Directions and Location Map



**Psychiatric Hospital**  
P.O. Box 5128 Manama, Kingdom of Bahrain