

## **Taking the Lead: Multidisciplinary Behavior Intervention Unit (MDBI)**

**“We aim to cure and not to cover up the symptoms”**

### **INTRODUCTION:-**

In the broad spectrum of health care delivery, medicine has grown to be more psychosocial. Broadly speaking, ‘illness impaired role function’ may result from factors not wholly organic, but social, psychological, cultural and economic also.

Social & psychological problems are basic to the understanding and total care and treatment of a patient, and if such problems are not considered, many times medical treatment fails.

Serving the vision and mission of Choithram Hospital, Nursing College has extended its services towards meeting the psychological needs of the patients at the OPD basis. It is done in an independent setup by the name of **Multi-Disciplinary Behavior Intervention center..** The center was started in the year November 2005.

The team consists of specialist Dr.Ashish Goyal (Consultant Psychiatrist), Mr. M.K. Acharya (Clinical Psychologist) and Specialist psychiatric nurses of Choithram College of Nursing Mrs. Vaishali Tiwari Associate Professor, (M.Sc.N) Mental Health Nursing and Mrs. Ramya, Assistant Lecturer (M.Sc. Mental Health Nursing)

The nurses have attained expertise in identifying psychiatric and psychological problems, and providing patients with best suitable therapeutic regimen. It is one of the unique kind of clinic in Madhya Pradesh where nurses are actively participating as psychiatric team members.

Various consultants refer patients. Patients generally referred here are suffering from depression, anxiety, panic, obsessive compulsive disorder, substance abuse, Intellectual disability, attention deficit hyperactivity disorder, behavioral disorder, conversion disorder, hypochondriasis, post traumatic stress disorder, and scholastic backward performance etc.

These patients are given guidance and counseling according to their problems and different therapeutic treatment such as behavior therapy , individual therapy, marital counseling , family therapy , exposure and response prevention therapy, Jacobson’s relaxation , parental training, supportive therapy, coping skills training, cognitive therapy, rational emotive behavior therapy, and anger management.

The centre was started in November 2005 and so far about 4103 cases have taken benefit out of the services provided by the centre. MDBI is situated in hospital to look into the psycho social and spiritual aspects of the disease. Patients and their family members requiring counseling and psychotherapies are sent to clinic.

## **OBJECTIVES OF THE CENTRE**

- To train the B.Sc., Post Basic B.Sc and M.Sc students regarding identification and management of mental disorders.
- To render therapeutic services to the patients suffering from psychiatric illness including children, adolescents, adults and geriatric population with comprehensive treatment, counseling and specialized psychotherapies.
- To provide outreach services to community at large through camps.
- To offer liaison services.

## **ACTIVITIES**

### **1. PSYCHOTHERAPIES –**

listed below are particularly used with patients in the centre:

- Exposure and Response Prevention techniques
- Cognitive Behaviour Therapy
- Rational Emotive Behaviour Therapy
- Psycho Educational Approaches
- 4 ‘R’ techniques
- Emotional Freedom Techniques
- Parent Effectiveness Training etc.
- Behavior therapy
  - Desensitization
  - Exposure & response prevention
- Relaxation
- Family interventions
- Parenting skill training
- Memory retraining

### **2. STUDENTS PLACEMENTS-**

B.Sc. Nursing students, Post Basic Nursing students and M.Sc. Nursing students are placed in the Multidisciplinary Behavior Intervention Centre. They take history, conduct MSE and Observe and participate in various therapeutic and counseling sessions are carried out by the Therapists.

### **3. MENTAL HEALTH CAMPS IN DIFFERENT AREAS-**

Breaking the four walls of hospital, reaching the door steps of people, and emphasizing the importance of prevention of disease and promotion of health, the centre organizes various camps.

➤ **School health camp**

School mental health camps are held regularly in various schools in rural and urban areas of Indore. In these camps teachers & parents training/ awareness programmes are organized regarding common childhood behavior and emotional problems like school refusal, conduct disorder, Attention Deficit Hyperactive Disorder, Social anxiety, etc. Focus is given on their identification and management. Teachers and parents are imparted knowledge on how to deal with such problems. Consultant Psychiatrist provides free consultation to parents and teachers. Identified patients are followed in the Multidisciplinary Behavior Intervention centre, Choithram Hospital & Research Centre, Indore.

➤ **Community health camp**

(i) Every year one day camp is held in mental hospital. Aim is to bring awareness regarding mental health so that people get rid of misconceptions regarding mental illness and give support to people suffering from mental illness.

ii) A free one day long mental health checkup and awareness camp was organized at Tejaji Nagar Primary School which is a rural area. Consulting Psychiatrist and mental health nurses identified psychotics, asperger syndrome, school phobia and people suffering from obsessive compulsive disorder etc. Their proper follow-up and treatment was done in the Multidisciplinary Behavior Intervention Centre.

• **Dementia Screening Camp**

In Tejaji Nagar (one of the rural areas of Indore) screening for dementia among elderly was done. Cases were referred to department of psychiatry Choithram Hospital and Research centre for further management

#### **4. LIAISON SERVICES**

The centre has started working with other departments like Cancer, Pediatric and Geriatric Departments.

(i) **Activities with Cancer Department:**

- Counseling services with the cancer patients.
  - Relaxation services are given to cancer patients and their care givers.
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- Awareness programmes for prevention and early detection of cancer are held from time to time.
  - Collaborative work with an NGO 'Sangini' is started, in which counseling is given to the women suffering from breast cancer.
  - Now hospital has started their own department for counseling for cancer patients and have separate counselor for this Department

**(ii) Activities with pediatric Department:**

- Screening for the behavioral problems among children especially Attention Deficit Hyperactive Disorder (ADHD), Autism, Learning Disabilities and Conduct Disorder etc. are done.
- Counseling is given and selected Behavior therapies are used with children having Emotional and behavioral problems.
- Parent effectiveness training is given to the parents of children with behavior problem.

**(iii) Activities with geriatric Population:**

- Assessment of memory impairment in elderly is done.
- Memory retraining with the elderly diagnosed with mild dementia is done.

**RESEARCHES**

15 researches have been so far conducted by the department. The researchers are mostly interventional in nature, done by the staff and the M.Sc. (Nursing) students. In the researches the effects of various psychotherapies like: Exposure and Response Therapy, Cognitive Behavior Therapy, Rational Emotive Behavior Therapy, Psycho education, etc. is studied.

**Physical setup of Centre:**

