

HEALTH SERVICES IN BAHRAIN

HISTORIC BACKGROUND

BEFORE 1932 there was no place to keep the mentally ill, they were kept locked up in their houses and were treated by religious readings from the Koran and by herbal medicine. In 1932 a small house in Al-Hammam area in Manama was rented by the Municipality to keep some (about 12) mentally ill people in and was called (Dahr Al Majaneen). In 1937 these patients were moved to the grounds where the present Psychiatric Hospital exists and were kept in a small cottage like building which came to be known as (Maljaa Al Majaneen). It was run by the Municipality until 1947 when the Medical Directorate took over the responsibility of running the place.

This was the beginning of the Psychiatric Hospital, it was at that time called the Lunatic Asylum. There were 10 male patients and 4 female patients, all locked in behind bars and were looked after by one Indian Nurse. In 1951 a new building was added to the old one increasing the number of "Cells" to 32 but the number of patients increased to about 50 males and 20 females and every 3 or 4 were kept in one room. Dr. Varghese from Al Naim Hospital used to visit the "Asylum" every morning.

In 1958 the South Block was built and all patients were moved

Psychiatric Service in Bahrain

By Saadi Fathi Shami*

to occupy this two storey building that is still functioning until now. In 1964 Dr. Butler started the first Outpatient clinic in South Block and introduced Chlorpromazine for the first time in Bahrain.

In 1967 Dr. Emad Fareed was appointed. He was the first qualified Psychiatrist to be in charge of the Psychiatric Hospital.

THE SCENE TODAY

During the past few years the Psychiatric Hospital has grown beyond one's imagination and the services have increased to provide a first class care by International standards.

Let us take the problem of a person living in Bahrain who falls ill with a Psychiatric illness, what facilities are available for him ?

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He can come to the O.P.D. and ask to be seen, (this self referral policy is non existant in many parts of the world). Usually he would be seen on the same day, having the confidence that he is in good hands because at the O.P.D. there is a team of a qualified Consultant Psychiatrist, one Senior Resident, three Residents and a Social Worker.

A full history will be taken and a thorough examination will be done, his condition will be discussed and a policy for treatment will be introduced.

Should he need admission, we have the facility of two admission areas one in S.M.C. with 40 beds and one at the old Psychiatric Hospital with 20 beds, he will be looked after by a team of 2 Consultant Psychiatrists, 2 Senior Registrars and 4 Residents, offering a high standard of service.

For the Chronically ill we have an upto date building "Ibn Al Nafees" where patients are given excellent care which includes rehabilitation and occupation therapy.

The Community Psychiatric team of one Consultant, one Resident, one Social Worker, two Nurses and a Driver look after patients in their own home where the family can be educated to participate in the management of the patient.

For Adolescents and Children there is a special clinic at Salmaniya run by a Consultant Psychiatrist, a Social Worker and a Nurse. This service is available 4 mornings and 4 afternoons, again working on the

principle of self referral which make life easier for parents. The treatment of a child or an adolescent takes into consideration the family as well as the patient.

The staff also contribute help and advice to other institutions in Bahrain like Hope House School for the retarded, the Rehabilitation Centre in Isa Town and the Geriatric Home in Isa Town. □□

BAHRAIN MEDICAL BULLETIN

Instruction for Authors

The Editorial Board of the Bahrain Medical Bulletin welcome papers reporting original work, review articles, case reports and letter to the Editor devoted to biomedical and health problems. Statements contained therein are the responsibility of the author(s). Accepted languages are : Arabic and English.

MANUSCRIPTS

* Address manuscript to the Editor,
Bahrain Medical Bulletin,
P.O. Box , Bahrain.

* Submit two copies of all elements of the article : text, references, legends, tables and figures.

* Arrange the paper in this order :

- (1) title page;
- (2) abstracts;
- (3) text;
- (4) reference;
- (5) legends;
- (6) tables; and
- (7) figures.

(The total number of tables and figures should not exceed 1 per 500 words of text).

* Number all pages in sequence, beginning with the title page as 1, abstract as 2 etc.

* Type all matter:

- (1) On 21.5 x 33 cm opaque

- white bond paper;
- (2) in duplicate;
- (3) on one side of each sheet only;
- (4) double space;
- (5) leave wide margins, all four sides.

THE TITLE PAGE

- * Include names of all authors.
- * Provide a short running title of 3 to 6 words.
- * Include (as a footnote) the name and address of institution from which work originated plus information about grants and the name and address of the person to whom reprint requests should be sent.

THE ABSTRACT

- * Do not exceed 100 to 200 words for Clinical Studies and Reviews; and 50 to 100 words for Case Reports.

THE TEXT

- * Type in duplicate; double-space.
- * Do not use abbreviations other than those recommended in the Style Manual for Biological Journals, American Institute of Biological Sciences, 3900 Wisconsin Avenue, N.W. Washington D.C.
- * Cite in numeral order every reference, figure and table. (Order of mention in text determines the number given to each)
- * Place acknowledgements at end of text, before references.

THE REFERENCES

- * Type in duplicate; double-space.
- * List references in alphabetical orders and then number each reference. Numbers cited in the text must correspond to those appearing in the list of references.
- * Follow general arrangement, abbreviations and punctuation as given in Uniform Requirements for Manuscripts Submitted to Biomedical Journals. For periodicals, follow INDEX MEDICUS, listing all authors when six or less; when seven or more, list only first three and add et al.
- * Please note that no periods are used after author's initials.

THE FIGURE LEGENDS

- * Start at top of new page.
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- * Identify at the end of each legend and in alphabetical order all abbreviations in the figure described.

THE TABLES

- * Start each table at top of new page.
- * Type in duplicate; double-space.
- * Give each table a number (in roman numerals : Table I, II etc.) and a title. Number the tables in the order in which they are mentioned in the text.

- * Provide a footnote to each table — identifying all abbreviations used.

THE FIGURES

- * Submit 2 glossy prints (not originals) of each photo and drawing.
- * Please note that art work of published articles will not be returned.

- * Use black ink for all charts (line drawings).

Make decimals, broken lines etc. strong enough for reproduction.

- * Use arrows to designate special features.
- * Crop photomicrographs to show only essential field.
- * Identify figures on back by number and author's name.

- * Number figures in order in which they are mentioned in the text.

- * Indicate top of each figure.

- * Reproduction of X-ray films, 35 mm transparencies and other artistic and photographic works can be discussed with the Editors. □□

The Bahrain Medical Bulletin is a recognised Publication of Bahrain.

1. The Bulletin shall be run by a Committee which is independent, though it has close contact with Bahrain Defence Force, Ministry of Health, Bahrain Medical Society and other Medical Organisations.
2. Each member shall serve on the Committee for two years, renewable.
3. The Committee members shall be called Senior Editors, who in turn shall elect a Chief Editor for a term of one year, renewable.
4. The Committee shall appoint a Secretary who will attend to all typing matters and some administrative affairs.
5. The Existing Office of this Bulletin is located in the New Building of Salmaniya Medical Centre.
6. The Bulletin shall be funded mainly from selling its copies to the Medical Profession and from the Ministry of Health and Bahrain Defence Force and other sources in accordance with ethics of the profession.
7. Duties of the Chief Editor
 - a. Shall Coordinate with the Senior Editors.

BAHRAIN MEDICAL BULLETIN BY-LAWS

- b. Shall arrange a meeting every two weeks.
 - c. Be accountable for the general outlook of the Bulletin and shall be accountable for the professional and academic standard of the Bulletin.
 - d. Make sure that there are enough (Original) articles for the subsequent two Bulletin.
 - e. Co-ordinate with the printers.
 - f. Make sure that there is enough advertisement in the Bulletin.
 - g. Assure that all Major decision shall be taken by Majority of the Senior Editors.
 - h. Shall resign from his office after one year.
8. Articles for Publication

COVERAGE Items should cover the fields of Medicine, Surgery, all Medical specialities, research and Medical history — especially Arabic and Bahrain Medical History.

The articles should be original as well as review articles, and there should be news items and updating of recent advances also abstracts, statistical data of Health matters and Health Care delivery technology.

LANGUAGE The main language will initially be English, but Articles in the Arabic language will be welcomed, especially original with Arab Medical History. Help for translation will be sought from the World Health Organization.

9. Senior Editors who attend less than 60% of the Bulletin Meeting without valid excuse, shall be asked by the Committee to resign then he will be replaced by another upon the recommendation of the majority of the Senior Editors for the rest of the term.
10. These By-Laws will be reviewed after one year.

Approved on 21st May, 1979 by Senior Editors Committee, Minister of Health and the President of Bahrain Medical Society.