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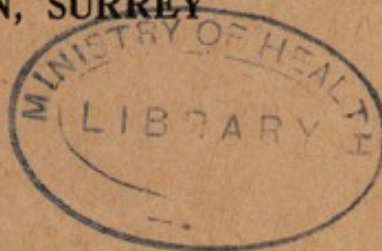
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# BELMONT HOSPITAL

SUTTON, SURREY



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## REPORT OF PHYSICIAN - SUPERINTENDENT

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5th July, 1949, to 4th July, 1950



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# BELMONT HOSPITAL.

## Report of Physician-Superintendent.

5th July, 1949, to 4th July, 1950.

### GENERAL.

Since the publication of the last report there is unfortunately little to report in the way of structural alterations owing to the limitation imposed on capital expenditure. Twelve new clinical rooms have been completed for the use of medical staff and are supplying a long felt want as previously there was a marked shortage of rooms in which doctors could conduct clinical examinations and interviews.

The main operating theatre which was converted from a dining-room in 1939 has been completely renovated and now has a new ceiling, shadowless lamp and operating table.

Various wards have been redecorated but again owing to the "freeze" imposed on the recruitment of extra staff they cannot yet be re-opened.

A social centre for staff has just been opened and should provide a pleasant unit where all grades of staff when off duty can pass their leisure time playing games, reading, watching television, etc.

During the year under review Dr. Robinson resigned his post as Radiologist and was replaced by Dr. Storr. This was the only change among the consulting staff which is as follows:—

Dr. Robert Niven	...	Consulting Physician.
Dr. Colin Edwards	...	„ Neurologist.
Mr. Roger Gilbert	...	„ Surgeon.
Dr. Storr	...	„ Radiologist.
Dr. J. A. W. Robinson	...	„ Anæsthetist.
Mr. F. Ridley	...	„ Ophthalmologist.
Mr. E. M. Foxen	...	„ Ear, Nose and Throat Surgeon.
Mr. Wylie McKissock	...	„ Neurosurgeon.
Mrs. Sutcliffe Hey	...	„ Dental Surgeon.
Dr. E. F. C. Wadge	...	Consultant in Physical Medicine.

Apart from Mr. McKissock, regular weekly visits are paid by the consultants and as required in case of emergency.

Mrs. Sutcliffe Hey saw 1,385 patients during the year and carried out dental extractions on 71 patients under general anæsthesia, while Dr. Niven saw 190 patients, Mr. Gilbert 583, Mr. Foxen 162, Mr. Ridley 162, Dr. Colin Edwards 210 and Dr. Wadge 184.

In addition Mr. Gilbert performed 47 operations and Mr. McKissock performed 20 leucotomy operations.

2,402 patients were X-rayed during the year and 2,714 patients were treated in the physiotherapy department.

The various treatments given in this department consisted of radiant heat, massage, remedial exercises, faradism and galvanism, wax baths and ultra-violet light.



Two technical assistants are employed in the pathological laboratory where 3,141 investigations were carried out during the year. These consist of blood sugar and blood urea examinations, blood counts, urines and in fact all the usual investigations, apart from Wassermann reactions. The laboratory is under the supervision of Dr. Kay of the West Park Group Laboratory who visits at least once a week.

### PSYCHIATRIC MEDICAL STAFF.

Louis Minski	...	...	Physician Superintendent.
David Shaw	...	...	Physician Deputy Superintendent.
Maxwell Jones	...	...	Physician i/c Industrial Unit.
A. S. Thorley	...	...	Consultant Psychiatrist.
N. Pai	...	...	Senior Hospital Medical Officer.
N. Craske	...	...	" " " "
A. R. Samuel	...	...	" " " "
E. A. Burkitt	...	...	Senior Registrar.
B. Pomryn	...	...	" "
J. Merry	...	...	" "
A. R. Baker	...	...	" "
R. H. Wheeler	...	...	" "
D. O. Lloyd	...	...	" "
T. Freeman	...	...	" "
I. Collie	...	...	} Trainee psychiatrists appointed by S.W. Metropolitan Regional Board.
D. H. Bennett	...	...	
H. Fisher	...	...	
M. Stewart	...	...	Registrar.
R. E. M. Seaborn	...	...	"
W. J. Henn Collins	...	...	"
C. Evans	...	...	Physician i/c E.E.G. Department.
W. W. Sargent	...	...	Part-time Consultant Psychiatrist.
D. E. Bunbury	...	...	" " "
G. Garmany	...	...	" " "
G. R. Debenham	...	...	" " "
S. Crown	...	...	" Psychiatrist.
S. Kling	...	...	" Registrar.

Dr. H. S. Klein left in July, 1949, after being promoted to a post of senior hospital medical officer at the Cassell Hospital.

Dr. H. J. Shorvon also resigned his appointment during the year to take up part time work at St. Thomas's and the National Hospitals.

During the year various foreign visitors have attended the hospital, many under the ægis of the British Council.

#### *Admissions :*

			<i>Male</i>	<i>Female</i>	<i>Total</i>
Civilian patients	...	...	584	561	1,145
Ministry of Pensions patients	...	...	288	10	298
Industrial Unit patients	...	...	103	—	103
Service patients	...	...	44	8	52
			1,019	579	= 1,598

Compared with last year the admissions show a decrease of 20 but the number of civilian patients now appears to be fairly constant. There is still unfortunately a waiting list for women of from two to three weeks, while for male patients there is little or no delay. The Ministry of Pensions figures show little change although it is apparent that many of these patients tend to



relapse after leaving hospital and are able to work for limited periods only without a further period of hospitalisation.

The number of admissions to the Industrial Unit shows little change but the type of patient admitted appears to be more difficult to treat and resocialise. Many of them are aggressive anti-social psychopaths, who are not amenable to discipline and who refuse to co-operate in treatment. Dr. Maxwell Jones is at present engaged on an intensive survey of the results of the first two years experiment in the Unit and hopes to publish his results shortly.

#### *Discharges :*

	<i>Male</i>	<i>Female</i>	<i>Total</i>
Civilian patients ... ..	559	560	1,119
Ministry of Pensions patients ...	290	12	302
Industrial Unit patients ... ..	106	—	106
Service patients ... ..	46	6	52
	<hr/> 1,001	<hr/> 578	<hr/> = 1,579

As has been mentioned in a previous report it is necessary for the admissions and discharges to keep pace in order to have a regular turnover of the beds which occurs approximately four times per year.

#### *Deaths :*

Three patients committed suicide during the year, one while on leave from the hospital.

### METHODS OF TREATMENT, OCCUPATIONAL THERAPY, ETC.

Since the last report the various psychological and physical methods of treatment have continued to be used.

In the Industrial Unit the emphasis is still laid on group methods of treatment in an attempt to re-socialise the patient, many of whom are asocial or definitely anti-social.

An attempt is made to keep a reasonable balance between physical and psychological methods of treatment and in any case it is usually found that physical methods must be implemented by psychotherapy.

Mr. Edmunds in the Carpenter's shop now has the assistance of an assistant as it was impossible for him to cope adequately with the number of patients attending and the daily number attending his shop has increased from sixty to approximately eighty.

In addition Mrs. Herbert, who holds the Association of Occupational Therapists' Diploma in Occupational Therapy in both psychiatry and orthopaedics, was appointed during the year and has started a new shop for women where weaving, pottery and other arts and crafts are carried on. Approximately 240 patients out of 340 in the hospital attend the three occupational workshops daily.

The remedial gymnasts continue to hold physical training classes and arrange indoor and outdoor sports and outings for the patients.

Drama classes and dressmaking classes are held weekly and maintain their popularity.

The Social Club at St. George's Hospital, S.W.1, is thriving and is greatly appreciated by ex-Belmont patients who find difficulty in making social contacts after discharge from hospital.



Patients of both sexes and all ages attend and they undertake activities which will be of interest to all its members. There is little change to report in the Industrial Neurosis Unit which is still running along the same lines and as already mentioned the results of the first two years experiment will be published soon.

#### DEPARTMENT OF ELECTRO-PHYSIOLOGY.

During the year a senior technician has been appointed to the department which has carried out 351 examinations on in-patients and 563 examinations on out-patients.

The following research work is being undertaken at the present time:—

- (a) Investigation of cortical susceptibility to hypoglycæmia. (In collaboration with Dr. Thorley.)
- (b) Investigation of the release of epileptic discharges in the early phases of sleep and the establishment of a norm by a series of non-epileptic controls.
- (c) Investigation of the significance of fast (beta) activity and its relation to psychoneurosis.
- (d) Further investigation on the behaviour of the alpha rhythm and its relation to attention, anticipation and surprise. (In collaboration with Dr. Desai.)

Dr. Evans gave an address to the Richmond and Kingston Branch of the B.M.A. on "Electroencephalography and Epilepsy" and one to the Society for Psychical Research on "The Electroencephalograph."

The department has taken part in the routine teaching of registrars and clinical assistants.

#### PSYCHOLOGICAL DEPARTMENT.

This department is still under the supervision of Dr. Desai and during the year Dr. Sandler left to take up medical studies and was replaced by Mr. Strauss.

During the year the department saw 1,176 patients for routine group intelligence tests and 61 patients were tested individually for a preliminary assessment of intelligence, making a total of 1,237. Of these 352 patients were given retests.

A total of 382 patients were seen individually during 804 interviews for purposes of differential diagnosis, personality assessment, assessment of intellectual deterioration and vocational rehabilitation. The largest number of patients was seen mainly for the purpose of differential diagnosis. This group comprised a total of 255. A large number—148—was dealt with for vocational rehabilitation, 105 of these being Industrial Unit cases. 44 cases were seen individually for an assessment of intelligence level in connection with treatment and disposal or in connection with differential diagnosis involving mental defect.

On the whole, therefore, the Psychology department dealt individually with about 30 per cent of the total admissions to the hospital during the year.

The department took over the full responsibility during the year under review for the training in Psychology of Registrars and D.P.M. students. In this connection a course of 26 two-hour lectures and tutorials on the "General Principles of Psychology and the Clinical Applications of Psychology" were given.



A course of 14 lectures on "An Introduction to Psychology" was given to trainee nurses and the department has also commenced preliminary testing of nurses on probation.

Participation in the research project in the Industrial Unit was continued and the statistical analysis of the data is now nearly complete.

Several research projects are under way.

During the year the department provided facilities for three research projects for Ph.D. degree.

### TEACHING, RESEARCH, PUBLICATIONS, ETC.

Lecture demonstrations are still given to the St. Thomas's Hospital undergraduates, while I also undertake undergraduate teaching at St. George's Hospital. Dr. Sargant and Dr. Garmany also carry out teaching at their respective hospitals. Post-graduate teaching is still given at the Hospital to clinical assistants who are taking the D.P.M. course at the Institute of Psychiatry, Maudsley Hospital, and also to Trainee Registrars appointed by the Regional Board.

Case conferences, tutorials, lectures and demonstrations are held and supervision of actual case taking is carried out by the senior medical staff.

As before, lecture demonstrations on the neuroses have been given to the R.A.M.C. officers attending the course at Millbank Hospital, while ward sisters and sister tutors are sent by King Edward VII Staff College for tuition in psychiatric treatment and nursing.

The following research is at present being carried out:—

Dr. Minski and Dr. Baker ...	Personality changes following pre-frontal leucotomy.
Dr. Thorley and Dr. Desai ...	Rorschach observations before and after a course of insulin comas.
Dr. Thorley ... ..	Investigation into the biochemistry of hypoglycæmic shock (with Dr. Kay).
Dr. Garmany ... ..	The use of Carbon Dioxide in Psychosomatic Disorders.
Dr. Thorley, Dr. Craske and Dr. Burkett ... ..	Observations upon prognostic factors.
Dr. Pai ... ..	Psychological Reactions to repeated surgical operations.
Dr. Pai ... ..	Psychiatric treatment of phantom limb and pain.
Dr. Pai and Dr. Desai ...	The rôle of the Rorschach diagnostic test.
Dr. Sargant and Dr. Collins	The use of stilboesterol in obsessional states.
Dr. Sargant and Dr. Collins	The use of methedrine in the treatment of long standing cases of hysteria of traumatic origin.
Dr. Maxwell Jones ... ..	Statistical Analysis of the follow-up of the Industrial Neurosis patients.



## PUBLICATIONS.

Dr. Minski	...	...	Handbook of Psychiatry (second edition).
Dr. Minski	...	...	The use of Electronarcosis and Carbon Dioxide Therapy.
Dr. Thorley	...	...	Comparison and estimate of Group and Individual Methods of Treatment. (B.M.J.)
Dr. Pai	...	...	Meningococcal Encephalopathy. (Proceedings Roy. Soc. Med.)
Dr. Pai	...	...	Torticollis and Tremor of Head of five years duration. (Proceedings Roy. Soc. Med.)
Dr. Pai	...	...	Hypersomnia Syndromes. (B.M.J.)
Dr. Pai	...	...	Mitral Stenosis in later life. (B.M.J.)
Dr. Pai	...	...	Faints and Fits. (Proceedings Roy. Soc. Med.)
Dr. Garmany	...	...	Development of Psychiatry. (Proceedings Roy. Soc. Med.)
Dr. Garmany	...	...	Aetiology and Treatment of the conditions called "Neurasthenia." (Med. Press.)
Dr. Garmany	...	...	Psychiatry as a Career.
<i>Awaiting Publication :</i>			
Dr. Minski	...	...	Recent Advances in the Rehabilitation of the Neurotic Patient.
Dr. Shaw	...	...	The chronic rheumatic and his pains—Psychosomatic aspects of chronic non-articular rheumatism.
Dr. Pai	...	...	Sleep and its disturbances—(Recent Progress in Psychiatry).
Dr. Maxwell Jones	...	...	Therapeutic Communities.

## OUT-PATIENT WORK.

During the year 232 new patients were seen, while the total number of attendances was 338. No regular out-patient clinic is held at the hospital as the clinic held at Sutton and Cheam Hospital, almost opposite this hospital, serves this immediate area.

The various members of the medical staff hold out-patient sessions at the following hospitals:—

Dr. Minski	...	...	St. George's Hospital, S.W.1. Royal National Throat, Nose and Ear Hospital, Golden Square, W.1. Sutton and Cheam General Hospital.
Dr. Shaw	...	...	Dorking County Hospital.
Dr. Maxwell Jones	...	...	Post-graduate Hospital, Hammersmith.
Dr. Sargent	...	...	St. Thomas's Hospital, S.E.1.
Dr. Sargent	...	...	West End Hospital for Nervous Diseases.



Dr. Garmany	...	...	Westminster Hospital, S.W.1.
Dr. Samuel	...	...	London Hospital, E.
Dr. Burkitt	...	...	St. Bartholomew's Hospital, E.C.1.

Psychotherapeutic sessions are held by the undermentioned medical staff as follows:—

Dr. Craske	...	...	Sutton and Cheam General Hospital.
Dr. Baker	...	...	St. George's Hospital, S.W.1.
Dr. Stewart	...	...	St. George's Hospital, S.W.1.
Dr. Freeman	...	...	Sutton and Cheam General Hospital.
Dr. Pomryn	...	...	Post-graduate Hospital, Hammersmith.
Dr. J. Merry	...	...	Post-graduate Hospital, Hammersmith.

Dr. Bunbury attends H.M. Prison at Holloway to carry out psychotherapy on female patients.

### FOLLOW-UP.

The usual follow-up of discharged patients has been carried on (by letter) at the end of three months, six months, one year and two years.

The following is the position of patients who have been discharged from hospital for two years:—

	<i>Male</i>	<i>Female</i>
Symptom free	38	28
Symptoms present and working	86	45
Unable to work	26	9
In mental hospitals	9	2
Suicide	—	1
Died (natural causes)	3	5
Re-admitted here	53	27
No replies	131	77
Not followed up	135	121
Gone away	61	50
	<hr/> 542	<hr/> 365

As has been stated in a previous report those patients not followed up include the difficult and paranoid patients who leave hospital against advice and those who state they do not wish to be reminded of their illness once they have left the hospital.

85% of the males and 83% of the females who replied were working, while 10% of the males and 13% of the females were re-admitted here. At the end of one year after discharge 89% of the males and 76% of the females were working, while after three months 70% of the men and 75% of the women were working. This shows that the tendency to relapse does not appear to become greater with the passing of time.

The follow up is not only of interest to the psychiatrists treating the patients but also helps the patients in keeping in touch with psychiatric out-patient departments and also gives them the feeling that they have a prop on which to lean.



## SOCIAL WORK.

Miss Bignold who had been a social worker at the Maudsley Hospital since 1930 and came to this hospital at the outbreak of war, retired this year. Miss Bignold had a wide knowledge of social problems which she approached in a sympathetic manner. Her experience is a great loss to the hospital.

At the present time there are two full-time social workers attached to the Industrial Unit, while the remainder of the hospital has one part-time and two full-time social workers.

The routine social work remains the same, viz., obtaining social histories, dealing with queries regarding pensions, paying home visits, arranging convalescence, etc.

As I mentioned in my last report after-care has become increasingly more difficult in view of the fact that in some areas there is no trained psychiatric social worker with whom contact may be made. This is a problem which requires urgent attention as adequate after-care is often vitally important in helping to stave off a relapse.

The social workers help with the medical research in following up particular types of patients and obtaining detailed reports while they also co-operate with the Disablement Resettlement Officers in helping patients to obtain suitable types of work.

In conclusion I wish to thank the Chairman and Members of the Hospital Management Committee for their help and support and also my medical and lay colleagues for their loyalty and co-operation during the past year.

LOUIS MINSKI, M.D., F.R.C.P.,

*Physician Superintendent.*







