

Annual report of the Runwell Hospital : 1949.

Contributors

Runwell Hospital (Essex, England)
North-East Metropolitan Regional Hospital Board. nb2009002387

Publication/Creation

[Place of publication not identified] : [publisher not identified], 1949

Persistent URL

<https://wellcomecollection.org/works/xaquguxy>

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

NORTH-EAST METROPOLITAN
REGIONAL HOSPITAL BOARD.

The Thirteenth
Annual Report of
Runwell Hospital



FOR THE YEAR

1949



22502913764

NORTH-EAST METROPOLITAN
REGIONAL HOSPITAL BOARD.

The Thirteenth
Annual Report of
Runwell Hospital

FOR THE YEAR

1949

WELLCOME
LIBRARY
Ann Rep
WX28
.BC5
E78R94
1949

Management Committee

Chairman :

E. A. WOOD, ESQ.,
4, Creighton Avenue, East Ham, London, E. 6.

Vice-Chairman :

G. H. HORNBY, ESQ.,
54, Birchwood Drive, Leigh-on-Sea, Essex.

Members :

C. S. ANDERSON, ESQ., L.D.S., R.C.S. Eng.,
38, Chalkwell Avenue, Westcliff-on-Sea, Essex.

DR. R. M. BATES,
Braiswick Lodge, Braiswick, Colchester, Essex.

MRS. E. M. C. BRACE,
65, Gladstone Avenue, Manor Park, London, E. 12.

C. W. BRADING, ESQ., J.P., C.R.P.,
83, Gladstone Avenue, Manor Park, London, E. 12.

W. BRAY, ESQ.,
206, York Road, Southend-on-Sea, Essex.

H. H. BURROWS, ESQ., O.B.E., J.P.,
36, Chalkwell Avenue, Westcliff-on-Sea, Essex.

W. H. CALVERT, ESQ.,
21, Drake Road, Westcliff-on-Sea, Essex.

G. E. FINDLAY, ESQ.,
23, Byron Avenue, Southend-on-Sea, Essex.

S. F. JOHNSON, ESQ., J.P.,
90, Hadleigh Road, Leigh-on-Sea, Essex.

MRS. W. M. KNIGHT, J.P.,
16, Henderson Road, Forest Gate, London, E. 7.

MRS. C. LEYLAND, M.B.E.,
c/o The Palace Hotel, Southend-on-Sea, Essex.

DR. J. STEVENSON LOGAN,
Municipal Health Centre, Warrior Sq., Southend-on-Sea, Essex.

P. PORTER, Esq., A.M.I.H.V.E.,
Trevone, Park Lane, Ramsden Heath, Billericay, Essex.

J. POTTS, Esq.,
161, Western Road, Leigh-on-Sea, Essex.

F. O. REYNOLDS, Esq., F.B.H.I.,
52, Airthrie Road, Goodmayes, Essex.

W. J. RIDD, Esq.,
58, Inverness Avenue, Southend-on-Sea, Essex.

MRS. A. TAYLOR, J.P.,
82, Parkhurst Road, Manor Park, London, E. 12.

MRS. A. F. WARR,
236a, High Road, Chadwell Heath, Essex.

Officers of the Hospital

PSYCHIATRIC STAFF

Physician Superintendent and Consultant Psychiatrist	Rolf Ström-Olsen, M.D., B.Ch., B.Sc., D.P.M.
Deputy Physician Supt. and Consultant Psychiatrist	S. L. Last, M.D., L.R.C.P.E., D.P.M.
Senior Physician and Consultant Psychiatrist	W. P. Berrington, M.D., B.Ch., B.A.O., D.P.M.
Senior Hospital Medical Officers	S. C. Macmillan, M.B., Ch.B., D.P.M. C. M. Xavier, M.B., B.S., D.P.M.
Senior Registrars	L. Rosenberg, M.D., D.P.M. (One vacancy)
Psychotherapist (part-time)	J. Bierer, M.D.
Director of Research (Consultant)	H. Weil-Malherbe, D.Sc., M.D.
Asst. Research Worker (Med. Research Council)	I. Stern, Ph.D.
Clinical Research Fellow	P. Macdonald Tow, M.B., B.S.
Research Worker in Electro- encephalography (Medical Research Council)	Norman Ellis
Psychologist	Graham Foulds, M.A.
Asst. Psychologist	Vacant
Neuropathologist (trainee)	J. A. N. Corsellis, M.R.C.S., L.R.C.P.
Registrars	W. S. Morgan, M.B., B.S. A. A. Robin, M.B., Ch.B.
House Officers (3rd year)	A. K. Kirkland, M.B., Ch.B. J. D. Montagu, M.R.C.S., L.R.C.P. W. Pappenheim, M.B., B.Ch.

VISITING MEDICAL STAFF

Neurologist	T. Rowland Hill, M.D., M.R.C.P.
Physician	R. Sleight Johnson, M.D., M.R.C.P.
Surgeons	Donald Barlow, M.S., F.R.C.S. H. G. Ungley, V.R.D., M.D., F.R.C.S. A. K. Monro, M.D., F.R.C.S.
Neurological Surgeon	D. W. C. Northfield, M.S., M.B., B.S.
Oto-Larynologist	I. Vitenson, M.R.C.S., L.R.C.P.
Gynaecologist	J. Lyle Cameron, M.D., F.R.C.S. Eileen M. Whapham, M.D., F.R.C.S., M.R.C.O.G.
Ophthalmologist	D. D. Evans, M.D., D.O.M.S.
Radiologist	D. H. Derry, M.R.C.S., L.R.C.P., M.B.I.R.
Dental Surgeon	Cyril S. Anderson, L.D.S., R.C.S.Eng.
Anæsthetics	A. H. Galley, M.B., B.S., D.A. J. Alfred Lee, M.R.C.S., L.R.C.P., D.A.

OFFICERS OF THE HOSPITAL (continued)

<i>Secretary & Finance Officer</i> ...	T. Fitzroy Kelly, F.H.A.
<i>Deputy Secretary & Finance Officer</i>	W. H. Styche, F.H.A.
<i>Matron</i>	Miss M. J. A. Titterington, S.R.N., S.R.M.N.
<i>Deputy Matron</i>	Miss Ada Dalton, S.R.N., S.R.M.N., C.M.B.
<i>Resident Engineer</i>	J. Suttie
<i>Pharmacist</i>	W. S. Hodgson, M.P.S., M.I.C.O.
<i>Chief Laboratory Technician and Radiographer</i>	T. C. Hall, F.I.M.L.T., M.S.R.
<i>Psychiatric Social Workers</i> ...	Miss M. C. Fanta Miss Betty Wilson, B.A. Miss Helen Bourkser
<i>Social Worker</i>	Mr. Kenneth Hedge
<i>Occupation Therapists</i> ...	Miss K. Thompson, M.A.O.T. Mr. J. A. Worthington, M.A.O.T.
<i>Physical Training Instructor</i> ...	Mr. S. F. Brown

CHAPLAINS

<i>Church of England</i>	Rev. P. F. H. How—(Resident)
<i>Free Church</i>	Rev. R. J. Marles
<i>Roman Catholic</i>	Rev. W. J. Loveland

Report of the Physician Superintendent FOR THE YEAR 1949.

To the Chairman and Members of the Management Committee of the Runwell Hospital (Group 22 of the North-East Metropolitan Regional Hospital Board).

I have the honour to present the thirteenth Annual Medical Report of the Hospital for the year ending 31st December 1949.

Accommodation.

As in other branches of medicine the demand for specialist treatment in psychiatry has greatly increased since the 5th July 1948. This is reflected in the larger attendances at out-patient clinics, a greater number of admissions to hospital and a substantial demand for domiciliary visits. Many practitioners are so over-burdened with long lists of patients that out-patient departments are being used both for diagnostic and treatment purposes to a much greater extent than formerly. The necessity for increasing the out-patient sessions at our clinics has therefore been a matter of urgency. This has been done at the Southend General Hospital where a second consultant in psychiatry has recently been appointed, but at the East Ham Memorial Hospital the present accommodation renders an increase of sessions impossible.

To overcome the shortage of beds and reduce the waiting list provision must be made for an extension to the admission hospital at Runwell at an early date. Many patients cannot now remain in hospital as long as one would desire; others have to be transferred too early to chronic wards to make room for urgent new admissions. On account of the increased population we have to serve there is little hope that this situation will improve. A few more beds for short-term cases may be available within the next twelve months at Rochford. Provision has been made for the establishment of a psychiatric unit in the present observation wards there, but it is unlikely that more than about twenty-four beds can be used for this purpose, and in any case long-term cases cannot be treated there. The question of accommodation is also bound up with the problem of the care and treatment of senile cases showing mental infirmity. Special pro-

vision will no doubt be made for this category of patient in the future, but until then an unduly large proportion of geriatric cases will block some of the beds which should be available for the young and middle-aged, suffering from recoverable mental illnesses.

Statistics.

On the 1st January, 1949, there were resident 1,047 patients (406 male and 641 female) including 7 males of the Service Class.

There were admitted during 1949, 720 patients (291 male and 429 female). Of these, 643 (257 male and 386 female) were direct admissions. The remainder were made up as follows:—Transferred from other mental hospitals 4 male and 4 female; regraded from voluntary to certified status 1 male and 5 female; from temporary to voluntary status 1 male and 2 female; from temporary to certified status 2 male and 4 female; from certified to voluntary status 24 male and 21 female; from certified to temporary status 2 male and 7 female.

Departures and discharges during 1949 amounted to 562 (227 male and 335 female) as follows:—

HOW DISCHARGED	Voluntary			Temporary			Certified		
	M	F	Total	M	F	Total	M	F	Total
Recovered	64	59	123	1	6	7	18	39	57
Relieved	100	162	262	1	5	6	11	27	38
Not improved	26	32	58	2	—	2	4	3	7
Removed to other Mental Hospitals	—	—	—	—	—	—	—	2	2
Total	190	253	443	4	11	15	33	71	104

The deaths numbered 68 (30 male and 38 female) or 7.4% and 5.9% respectively of the average daily number of each sex resident. Autopsies were performed in 49 cases, i.e., 72.1% of the total number of deaths.

Two inquests were held during the year on male patients. In one case the patient, who was suffering from advanced tuberculosis of the lungs likely to prove fatal at any moment, was found to have taken a quantity of aspirin and a verdict was re-

turned that he killed himself while of unsound mind, death having been accelerated by exertion as a result of taking a quantity of acetyl salicylic acid. In the second case it was found that death was due to paralysis of the respiratory system, due to the combination of drugs, sodium amytal and curare, followed by E.C.T. treatment. A verdict of accidental death was returned.

On the 1st January, 1950, there were resident 1,068 patients; [voluntary 288 (135 male and 153 female) including 4 male Service and 1 male and 3 female private patients; temporary 6 (2 male and 4 female), including 1 male Service patient; certified 774 (273 male and 501 female), including 7 male Service and 3 male and 3 female private patients).]

The recoveries numbered 187 (83 male and 104 female). Calculated upon the direct admissions, this indicates a recovery rate of 32.3% for males and 26.9% for females. In addition to the 187 recoveries, 306 patients left relieved, and these two figures together, calculated upon the direct admissions, give a percentage of 76.7 recovered and relieved.

During 1949, 68.1% of the direct admissions were received under the Mental Treatment Act, 1930, namely 66.2% voluntary and 1.9% temporary patients.

Accommodation Provided and Available.

	Males	Females
Accommodation provided:-	408	624
Patients on Civil Registers at 1st January, 1950	410	658
Excess or deficiency of accommodation	-2	-34

General Health.

The general health of the population throughout the year has been good in spite of the increasing age of the newly admitted cases. The hospital has been entirely free from enteritis and dysentery. The following cases of infectious diseases were notified during the year:-

Pulmonary Tuberculosis	6
------------------------	---

Treatment.

Routine physical treatments continue to be carried out in all suitable cases. The combination of E.C.T. with C.10 (pentamethonium) and pentothal has been started and will probably

find increasing application in older depressives. Electronarcosis is not used. Leptazol is being used to an increasing extent in cases of excitement and stupor. The results with DOCA and Ascorbic acid have proved very disappointing.

Pre-frontal leucotomy has been carried out in eleven carefully selected cases by Mr. G. C. Knight. Of these nine were the standard operation and two were trans-orbital leucotomies. The latter gave such disappointing results that this type of operation has now been abandoned. We regret that early in 1950 Mr. Knight found it necessary to resign his position as neurosurgeon to the hospital. Before leaving he carried out for us nine cortical undercutting operations at Dartford. These will be referred to in next year's report. Meanwhile we have been fortunate in securing the services of Mr. D. W. C. Northfield, Neurosurgeon at the London Hospital, to carry out our psycho-surgery. The standard operation of prefrontal leucotomy continues to give satisfactory results where cases have been carefully selected, but we are of the opinion that selective cortical undercutting will eventually prove vastly superior, because of the lower post-operative mortality and the fewer personality defects which follow this operation.

Insulin Coma Treatment.

This treatment continues to be used for all recent cases of schizophrenia. The numbers under treatment have increased to such an extent that it was necessary to split the department into two sections, male and female. Previously there had only been one department for both sexes.

Leptazol treatment and E.C.T. is occasionally given during coma with good results.

The following table gives the results in 507 cases since the inception of the treatment in 1937:-

	Schizophrenia.		Other States	Total	
Full Recovery	89	22%	58	147	29%
Social Recovery	63	} 37.5%	15	78	} 44%
Improved	103		11	114	
No change	150	} 63%	18	168	} 33.1%
	37%		102	507	
	<u>405</u>		<u>102</u>	<u>507</u>	

Occupational and Recreational Therapy. *To Come*

The departments have maintained a high standard of efficiency. On the male side, however, we have been handicapped for some time by the shortage of staff. On the female side we are fortunate in having had during the year 31 students from the London and Exeter Schools of Occupational Therapy, doing practical work, for their psychological diploma. On the female side particularly there is a lack of space and it is hoped to extend this side by using one of the social club rooms during the day for a certain group of chronic patients. This would allow a mixed class to be started in one of the main female work-rooms. The two main social clubs meet twice a week and there is an additional evening for the Thursday club for play reading and discussion groups. I am greatly indebted to Miss Kathleen Thompson and her colleagues for the work they put into these activities which ensure their success. We regret the loss by resignation, of Sister A. J. Shearer, who successfully supervised the Tuesday evening club for chronic patients. It has not been easy to find a successor to take her place.

The physical training continues to be very popular under Mr. Brown. Early morning physical training classes are given for the newly admitted patients in Admission and Rettendon wards and the instructor also takes patients for football and cricket. Badminton and dancing classes are held under the direction of the Female Occupational Therapist.

General Medical and Surgical.

The Visiting Physician comes once weekly to see staff and patients. Dr. D. H. Derry has been appointed radiologist in succession to Dr. White Phillips, and Dr. D. C. Caldwell has taken over the duties of Visiting Pathologist following the resignation of Dr. J. O. Oliver.

58 major and 18 minor operations have been performed by the consulting Surgeons during the year.

DEPARTMENT OF NEUROPATHOLOGY. *- To Come*

Dr. J. A. N. Corsellis, previously seconded to the Maudsley Hospital, has now taken up his duties at Runwell and is working systematically on the neuropathology of certain selected conditions, notably encephalitis and diffuse gliosis. The routine examination of brains is also being undertaken in this Department.

Done

Dental Department.

The Dental Department has functioned satisfactorily throughout the year and it can be said that the dental health of the patients is now better than it has been since the hospital was opened.

Patients are seen as soon as is possible after admission and gross sepsis cleared at the earliest opportunity.

General anæsthetics have been administered by Dr. J. A. Lee every fifth week, for difficult patients and oral surgery.

Members of the staff have been seen for relief of pain and then conservative dentistry can now be arranged under the General Dental Service.

With a resident population of over 1,000 patients more conservative treatment could be done with a greater expenditure of time and a consideration for the future is for an additional weekly session.

The following are the statistics for the department during 1949:-

Total number of patients seen	947
Routine and new consultations	506
Total number of extractions	586
Total number of general anæsthetic cases	67
number of teeth extracted	481
Total number of local anæsthetic cases	72
number of teeth extracted	105
Fillings and scalings	83
Surgical extractions	19
Appointments for staff	111

X-rays have been taken, dentures fitted and repaired where necessary.

Out-Patient Clinics.

The following table shows the distribution of the out-patient clinic cases for the year 1949:-

	<i>New Cases</i>	<i>Total Attendances (New & Old Cases)</i>	<i>Admitted to Runwell Hpl.</i>
East Ham			
Memorial Hospital	416	2,836	86
Southend			
General Hospital	512	3,354	120
Total	928	6,190	206

Training arranged	11
Employers (prospective and otherwise) contacted	54
Social and Club activities	18
Home Help arranged	7
Number of letters written	2,361

Co-operation with the following agencies and individuals in the stated number of cases is gratefully acknowledged:—

Mental After-Care Association	15
National Association for Mental Health	4
Local Education Authorities and Public Health Departments							38
Ministry of Labour	60
Probation Officers or Police	10
Other Psychiatric Social Workers	20
Legal Aid - including Poor Man's Lawyer...	3
Ex-Services Welfare Society	4
Children's Officers	10
Other Charities and Authorities	49
Southend Civic Guild of Help	6
National Assistance Board	15
W.V.S.	2
British Red Cross	1
Friends of the Poor	2

X-Ray Department.

The following skiagrams were carried out during the year:-

	Cases.
Chest and Heart	356
Skulls	61
Barium Meals	14
Enemata	4
Bones:	
Foot, ankle, leg, knee	52
Hand, wrist, forearm, elbow	77
Shoulder	24
Ribs	8
Spine	44
Hip and Pelvis	20
Sinuses	33
Gall Bladder	4
Renal Tract	3
Abdomen	9
Air encephalograms	2
Nasal Bones	2
Teeth	30
Screenings	16
Mastoids	2
Jaw	2

Pathological Investigations,

Biochemical.

Urines, (Routine, & special)	2,424
Blood Ureas	72
„ Sugars (Individual)	136
„ Bromides	692
„ Calcium	18
„ Chlorides	9
„ Sugar curves & H.I.	96
„ Cholesterol	48
„ Sodium	8
„ Bilirubin	26
Urine Chlorides	10
„ Uric acid	72
„ Creatinine	72
Fractional Test Meals	36
Histamine „ „	6
Plasma Proteins	26
Bromide Permeability Test	38
Thymol Turbidity	44
Bromsulphphthalein	18
Barbiturates	4

Haematological.

Blood Counts	782
Differentials	173
Sedimentation Rates	692
Blood Groups	42
Bleeding Times	8
Clotting Times	8
Packed Cell Volumes	42
Eosinophile Counts	156

Seriological.

Kahn Test	609
Agglutinations	18

Bacteriological.

Rectal Swabs	644
Throat Swabs	42
Urines	116
Sputa	152
Miscellaneous	73

General.

Photographs	126
Lantern Slides	62

Research Department.**(a) BIOCHEMICAL.**

Dr. Jan Stern has joined the staff of the Research Laboratory, under a grant from the M.R.C.

During the past year work has continued on the properties of brain hexokinase and on the effects thereon of blood samples from mental patients. The results have been embodied in four papers which have been submitted for publication.

The investigation on the catalytic effect of molybdate on the hydrolysis of organic phosphate bonds of biological importance has also been completed.

A review on the significance of glutamic acid for the metabolism of nervous tissue has been published, and an article on biological Oxidation Mechanisms, a contribution to a volume on "Neuro-chemistry," is in the press.

WORK IN PROGRESS.

The effects of malononitrile on the metabolism of surviving tissue preparations are being studied. Malononitrile has been recommended as a drug for the treatment of mental disease. Results so far show that the toxic effects of the drug are due to two different mechanisms, one of which is due to the liberation of cyanide, while the other one is presumably due to the intact molecule. It is intended to extend the study to in vivo experiments.

We are also engaged in working out a method for the estimation of adrenaline in blood. This is a problem of considerable difficulty owing to the extremely small quantity (about one part in a million) and the instability of the substance. Results to date are very promising, however, and we hope soon to be able to start the practical application of the method to the study of the adrenaline blood levels in various conditions of mental disorder and their changes under various forms of treatment.

(b) PSYCHOLOGICAL.

Miss V. Strachey, B.Sc., assisted in the Department from September to December of the current year.

CLINICAL SERVICING.

During 1950 more than 200 patients and 30 nursing applicants have been referred to the Department for intellectual and personality assessment.

RESEARCH.

1. Work has continued on the Porteus Maze Test. This has been shown to differentiate clearly between the various psychoneurotic groups. The effect of distraction on psycho-motor retardation has also been studied. This technique is being used to assess emotional changes after E.C.T.
2. A study in the differences in intellectual efficiency in relation to the various clinical groups assessed by Progressive Matrices and the Mill Hill Vocabulary Scale is also nearing completion.
3. Work on the characteristic differences in the response of the various clinical groups to the Thematic Apperception Test is continuing.

(c) CLINICAL.

A survey of enuresis in adults was carried out by Dr. Ström-Olsen in the two out-patient clinics. It was found that in the vast majority of cases enuresis was combined with hypersomnia. It is suggested that these two symptoms are part of a syndrome of central origin, which has been found to be very amenable to treatment by amphetamine. The findings have been the subject of a paper in "*The Lancet*."

Work is now being started by Dr. J. D. Montagu, the recently appointed Clinical Research Fellow, on the therapeutic mechanism of convulsion therapy (both chemical and electric) by studying the stress response under controlled conditions. This work will be further discussed in next year's report.

(d) E.E.G. DEPARTMENT.

During the year 1st July, 1949 to 30th June, 1950, four hundred and eighty-two EEG examinations and 30 electrocardiograms were carried out in the department, viz. :-

In-patients	280
Out-patients	45
Other Hospitals	143
Animal Experiments...	14
				<hr/>
				482
				<hr/>

The department continued to carry out a number of examinations for other hospitals in the region and even for some in adjoining regions.

An EEG examination of all recent admissions was performed.

The effects of curare and myanesin on the EEG of animals was studied and the collection of analysed records of normal subjects was continued. Experimental work for improving the automatic wave analyser was carried out. An improvement in the diagnosis of epilepsy by injection of Leptazol and exposure to a flickering light was one of the other research problems studied.

Educational.

(a) EVENING MEDICAL MEETINGS.

These meetings were started in 1938-39 once monthly by members of the medical staff, but had to be suspended during the war. In 1946-47 they were resumed in their original form. In 1949, however, the practice was adopted of having two speakers each evening on two evenings a month from October to June. Of these two speakers one is from Runwell and one from an outside hospital or institute. The subjects are varied, including recent work in psychiatry or ancillary subjects, review of an important book and occasionally original papers. The meetings are open to psychiatrists and research workers in and outside the Region, are well attended and are followed by very useful discussions and questions. The subjects chosen include the following:-

Biochemistry of the nervous system, the Rohrschach test, the book "Psychotherapeutic Studies" by Kretschmer, eugenics, phobias in psychiatry, EEG in psychomotor epilepsy, Pain, Genetics (general and special), hypnosis, subacute encephalitis, "Masculine Protest" and many others.

(b) CLINICAL CASE CONFERENCES.

These are held regularly on Thursday mornings for the medical staff, social workers, research workers and psychologists.

(c) NURSING.

Since the appointment of Mr. T. Roberts as qualified tutor to the nursing staff, we have had a Preliminary Training School completed and equipped. This conforms to all the regulations of the General Nursing Council. It is situated in a quiet and secluded position in the grounds and ideal for the purpose.

It is proposed that various members of the medical staff shall give post-graduate lectures to all qualified members of the nursing staff on selected topics at least once a month.

PAPERS PUBLISHED, OR IN THE COURSE OF PUBLICATION,
SINCE LAST YEAR'S REPORT ARE AS FOLLOWS:-

- "Stilboestrol in Out-Patient Treatment of Sexual Offenders."—J. Bierer and G. A. van Someren.—*Brit. Med. Jour.* April 1950, p. 935.
- "Enuresis in Adults and Abnormality of Sleep."—R. Ström-Olsen.—*Lancet II.* 1950, p. 133.
- "Aspects of Thematic Apperception Testing; Paranoid Schizophrenia."—Max Valentine and Ashley A. Robin.—*Jour. Ment. Sci.* Oct. 1950.
- "Recent Advances in the EEG Diagnosis of Epilepsy."—S. L. Last. (*In the Press.*) +
- "A Modified Moving-Coil Voltage Regulator of High Sensitivity."—N. W. W. Ellis.—*Jour. Sci. Inst.* 27 Sept. 1950, p. 248.
- "A Case of Aspirin Poisoning"—Ashley A. Robin.—*Jour. Ment. Sci.* Jan. 1951.
- "Sub-acute Sclerosing Leuco-Encephalitis: a clinical and pathological report of two cases."—J. A. N. Corsellis. (*In the Press.*) +
- "Significance of Glutamic Acid for the Metabolism of Nervous Tissue."—H. Weil-Malherbe—*Physiol. Reviews* 30, 549, 1950.
- "Oxidation Mechanisms"—H. Weil-Malherbe.—To appear in "*Neuro-Chemistry*"—*Thudichum Memorial Volume.*
- "Studies on Hexokinase." (1) The Hexokinase Activity of Rat Brain Extracts. (2) An Activator of Hexokinase in Erythrocytes. (3) An Activator of Hexokinase in Muscle Extracts.—H. Weil-Malherbe and A. D. Bone.—*Biochem. Jour.* (*In the Press.*) +
- "Activators and Inhibitors of Hexokinase in Human Blood."—H. Weil-Malherbe and A. D. Bone. (*In the Press.*) +
- "The Catalytic Effect of Molybdate on the Hydrolysis of Organic Phosphate Bonds"—H. Weil-Malherbe and R. H. Green.—*Biochem. Jour.* (*In the Press.*) +
- "An Activator of Hexokinase in Animal Tissues"—H. Weil-Malherbe.—(Read at meeting of *Biochemical Society* 17th Nov., 1950.)
- "An Experimental Survey with Progressive Matrices."—Foulds & Raven.—*Brit. Jour. of Educ. Psychol.* June, 1950.
- "Temperamental Differences in Maze Performance."—G. A. Foulds.—*Brit. Jour. of Psychol.* (*In the Press.*) +

Staff Matters.

The following changes in the medical staff have taken place since the issue of the last report. Dr. G. A. van Someren has left to take up a consultant's post in Stoke-on-Trent. Drs. S. C. Macmillan and C. M. Xavier have been appointed Assistant Psychiatrists (Senior Hospital Medical Officers). Dr. P. Macdonald Tow, who has been on the hospital staff for nearly seven years in the capacity of Temporary Assistant Medical Officer and later Clinical Research Fellow, has left to take up an appointment in Oxford. I should like to place on record my appreciation of his services as a most painstaking and conscientious research worker and a very pleasant and loyal colleague. You have recently appointed Dr. J. D. Montagu to fill his place. Drs. Rosenberg and Rydlewski have returned to the hospital in the capacity of Senior Registrars. Dr. A. A. Robin has left to take up service in H.M. Forces.

It is with sincere regret that I record the death of Mr. W. A. Flack, Resident Engineer. Mr Flack had been on the staff of the hospital since 1936 and became Resident Engineer in 1938. His contribution to the hospital was brilliant and outstanding, and there can be no doubt that the great energy and zeal which he threw into his work undermined his health. He is sorely missed by everyone.

The nursing staff to-day consists of 73 male and 111 female nurses. Eleven male and 9 female nurses possess the final certificate in mental nursing of the General Nursing Council, (and 33 male and 18 female nurses the final certificate of the Royal Medico-Psychological Association.) Five male and 3 female nurses and the theatre Sister possess the general training certificate of the G.N.C. Two male nurses and one female nurse have been seconded to other hospitals for their general training.

To my medical colleagues and to senior officers I wish to express my sincere thanks for their loyal co-operation throughout the year.

In conclusion may I express to the members of the Management Committee my appreciation of their continued support in all matters concerning the treatment and welfare of the patients in the hospital.

I am, Mr. Chairman,

Ladies and Gentlemen,

Your obedient Servant,

ROLF STRÖM-OLSEN,

Physician Superintendent.

*Report Made by Two Commissioners
of the Board of Control*

On their visit to Runwell Hospital,
on 24th November, 1949.

RUNWELL HOSPITAL,
WICKFORD,
ESSEX.

24th November, 1949.

Our visit to this progressive hospital has been of exceptional interest. Its buildings are modern and it is exceptionally well equipped. Dr. Ström-Olsen, the Medical Superintendent, has a vacancy on his staff for one S. H. M. O. Dr. Last is his Deputy and the remainder of the medical staff consist of Dr. Berrington, Dr. van Someren, Dr. Cranswick, Dr. Max Valentine, Dr. Rydlewski, Dr. Morgan and Dr. Montagu. Dr. Macmillan is locum Registrar.

Practically all forms of modern treatment are carried out at this hospital; one in particular, electro-narcosis, is not favoured. There are 1,070 (410 M. 660 F.) patients on the books of whom 779 are under certificates. All are in residence with the exception of some 13.

Out-patient clinics are held at the East Ham Memorial Hospital and at the Southend General Hospital: during 1948 the total attendances, including both new and old cases, were 2,824 and 3,017 for these two clinics respectively. This is indeed a high figure, and we have also been informed that the figures for this year should show a still further increase. The catchment area since July of last year has been altered and now includes an increased population. It is hoped to start an out-patient clinic at Billericay shortly.

During the year 1948 the direct admissions numbered 611 (251 M. 360 F.). A very large proportion of these came in under the provisions of either Section 1 or 5 of the Mental Treatment Act as only 118 were received under certificates.

Five hundred and twenty-nine (213 M. 316 F.) either left or were discharged during the same period. This indeed is a highly geared turnover of patients. The number of direct admissions for the first approximately 11½ months of this year appear to be more or less at the same rate.

There are 4 Social Workers whose services are of value both outside the hospital and to the patients and medical staff within the hospital.

Compared with other mental hospitals the over-crowding at this hospital is negligible: according to the figures placed before us there is a deficiency both by day and by night of accommodation for 6 men and 32 women. The type of work and the type of buildings at this hospital would make over-crowding a handicap of a severe nature if it were materially to increase. As it is, it is possible to have first-class classification of patients.

Dr. Weil-Malherbe is the Director of Research: he has a number of assistants and the work of research has so developed that there is no accommodation available for expansion. An innovation which has proved of great interest is the holding twice a month of a "medical discussion": these discussions are naturally available for all the medical staff within the hospital and it is satisfactory to say that any from outside the hospital are welcome to attend them.

The Matron is in charge of both the male and female nursing staffs. Neither are up to full strength but the shortage is felt particularly on the female side. There are 80 male nurses and 109 female nurses: 27 of the latter are on a part-time basis. There are 5 wardmaids on the male side and about 11 on the female side. Throughout our visit we thought the nursing generally to be of a high standard, and we would like to say how appreciative we were of the manner in which the nurses overcome their several difficulties when bearing in mind the shortage in numbers for a hospital of this nature which is constructed in the main in small units. We were informed it was hoped to start a Preliminary Training School next January, and an Educational Officer for this purpose is to be obtained.

The patients were generally quiet and contented; the complaints we had were on the score of detention or the like, except for one, the subject matter of which is to be enquired into by the hospital. They spoke well of the meals which were served to them and the comfortable surroundings in which they live. There are no private patients but there are 4 men and 7 women occupying amenity beds. These cost £1 4. 6. a week. The weekly maintenance cost per head, as last ascertained, was £4 6. 11.

The figures for both outside and inside parole are good, and a number of patients go on week-end leave. Several matters were discussed with Mr. Kelly, the Secretary to the H.M.C., Finance Officer and Supplies Officer. One was on the subject of patients' monetary entitlement, and rewards for working patients. We understood from him that he had already contacted his opposite numbers within the Region to endeavour to ensure uniformity.

The various day-rooms and dormitories were very well kept, suitably heated and attractively furnished. Perhaps at some future date a few pictures could be obtained for some of the day-rooms, as the walls in some of them looked rather bare. There is a good patients' library and the medical and nursing staff also have their own well-stocked libraries. A patients' social club is to be re-started and is to be run in two divisions, roughly one for recent admissions and the other for patients who have been here longer.

Occupational therapy is highly developed and organised. There are several centres on each side and on each side there is a qualified officer who each has some 6 assistants. We understood that when more nursing staff are available more of this useful form of therapy will be further introduced into some of the wards.

Since the last visit on behalf of our Board, some 20 months ago, several alterations and improvements have been carried out. Both interior and exterior decorations have been done and some are still being carried out. A brick sun shelter has been provided at the female refractory unit. Six pairs of staff cottages have been put up and four pairs are in the course of erection. Several things are contemplated to be done in the future: one which seems to reflect throughout the whole hospital is the extension of the electric power plant.

During the year 1948 and to date the general health of the patients has been satisfactory. The only infectious disease is that of tuberculosis from which 8 males and 3 female patients are now suffering. The death rate for 1948 was 5.7%. The number of deaths was 59 (23 M. 36 F.). The number of deaths to date this year is 57 (25 M. 32 F.). In the previous period 4 patients, all women, died from tuberculosis, and during the latter period the deaths from this disease have numbered 3 (1 M. 2 F.).

During the previous 20 months the number of casualties have amounted to 24 (11 M. 13 F.). They call for no particular comment. During the same period there have been 3 inquests, the facts of which were reported to our Board at the time.

One was upon a patient who was found in the artificial pond when there was some water in it. The verdict was accidental death. This pond at the moment is empty but should a patient fall in he could no doubt cause himself some serious injury.

Throughout our visit we found a spirit of co-operation and keenness, and in conclusion we would like to thank all those concerned for the arrangements made for us during it.

(Signed)

JOHN C. RAWLINSON.

G. A. LILLY.

Commissioners of the Board of Control.

THE RESIDENT CHAPLAIN'S REPORT.

Mr. Chairman, Ladies and Gentlemen,

It is my privilege and honour to present to you my fifth Annual Report.

A remark often made by me to new patients is that this Hospital has two power houses, one at the rear for supplying electricity and hot water for our material comfort, and one right in the centre of the Hospital for supplying spiritual power for our souls. Certainly the Chapel continues to be a spiritual power house, for all the services are well attended and the Holy Eucharist continues to be the best loved and best attended Service. Sermons were preached during the year by the Right Reverend the Lord Bishop of Chelmsford; the Rev. J. E. B. Corbin, Rector of Runwell S. Mary; the Reverend F. Jones, Rector of Rawreth; the Reverend M. B. Morgan, Vicar of Hockley; and the Reverend M. V. T. Varney, Rector of Margaret Roding. Seventy-nine sick communions were given on the wards, from the Reserved Sacrament.

This has probably been a record year for the Library, with nearly 5,000 books passing in and out. Without the voluntary service given by Mrs. How it would not have been possible, with my other duties, to have kept up such a high standard as we have in the Library service.

The patients' outings this year were all to Stone on the River Blackwater. Picnic lunches and teas were taken with them, and there were games for those so desiring. Some of the patients missed seeing the shops of Maldon, but nearly all agreed that it was good to have a change, and a few remembered Stone from pre-war outings.

The arranging of patients' football and cricket matches has been handed over to the Physical Training Instructor, Mr. Brown, who has ably carried on the work, and fixtures were arranged with Brentwood, Claybury, Goodmayes, Friern and Severalls Hospitals.

The Monday dances for patients continue to flourish, with the Hospital's own band, the climax being the Patients' Fancy Dress Ball at Christmas, acclaimed the best of all.

The usual concerts, 16 in all, were arranged, this year with a number of new concert parties, and the "Council for Music in Hospitals" contributed 6.

My personal thanks are especially due to Dr. Ström-Olsen, and also to Matron and members of the staff for their help and encouragement.

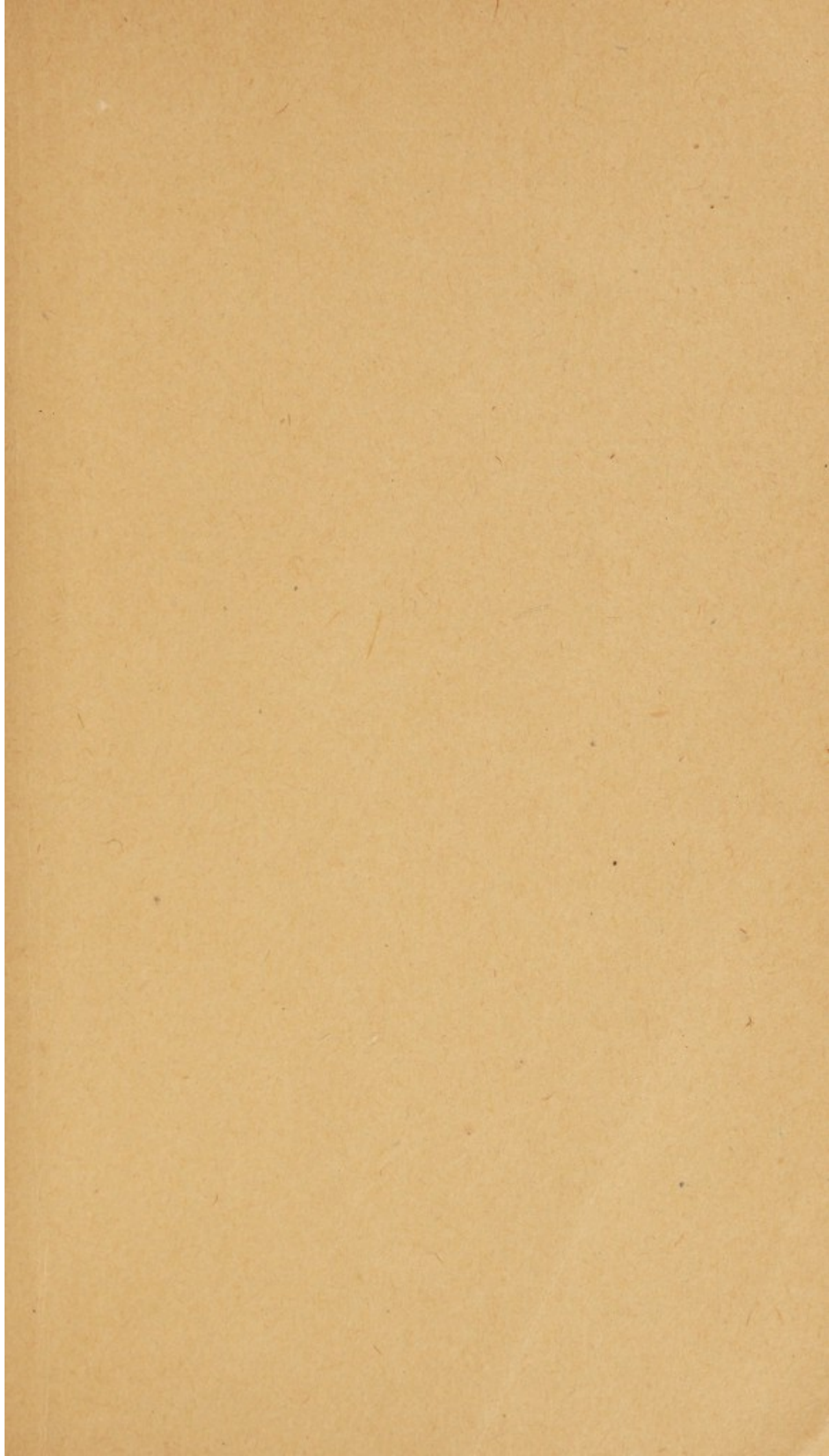
I have the honour to remain,

Ladies and Gentlemen,

Yours respectfully,

P. F. H. HOW,

Resident Chaplain.



Printed by the
RUNWELL HOSPITAL
PRESS
