

MINDS NEWSLETTER

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Articles on Psychiatry
from over 20
specialities!!

Contribution from
More than 50
Authors!!

Seven Sections in
every Issue

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*Dr Shubhangi S. Dere,
DNB, DPM
Assistant Professor,
MGMIHS, Navi Mumbai.*

Assistant Editor

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Wellbeing begins in our MINDS

Monthly Newsletter on Psychiatry for Doctors & Medical Students

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From The Desk of the Editor:

Dear friends,

With immense pleasure, I announce the first issue of our new editorial team!

It has been three successful years for “MINDS”, and I hope to deliver same information, awareness and opportunity to learn in the forthcoming issues....

Studentship is the most important and enlightening period of one’s academic life. A student needs to be a good observer, a quick absorber of the knowledge, skills and a voracious reader. No teacher is a ‘good teacher’ or a ‘bad teacher’. There are countless opportunities to learn and acquire knowledge from every ‘Guru’ around you. One needs to master the perception (to absorb the information) and analyse it and rehearse it till the knowledge becomes wisdom. And believe me, presence of such wise student is an incredible gift for the teachers! In fact we all are students for whole of our lifetime. Very truly said by Albert Einstein; “Wisdom is not a product of schooling but of the lifelong attempt to acquire it.”

So, the need is to sharpen up our senses and enlighten our Minds...!

Dr Shubhangi S. Dere
Assistant Professor
Department of Psychiatry
MGM Medical college and Hospital, Navi Mumbai

Guest Column: Down The Memory Lane.....

The faithful old client

A person peeped into my consultation room and said: “I have brought a friend of mine for your consultation. Will you be able to see him today?” I could recognize the person as an old patient of mine treated for alcohol dependence and had remained abstinent for quite some time. I assured him that I would see him after I finished seeing others waiting with appointment, for which he happily agreed. After about an hour I called him in with his friend. He came in alone and said that his friend is sleeping on the bench in the waiting room. Sensing that there may be some serious problem with him I rushed out. He was responding poorly to commands and also to painful stimuli. Wondering what the matter is, I looked at the old patient and he said: “Doctor, he has consumed kerosene this afternoon.” I did not know how to react to him as I could understand that he had brought the person in good faith, but to a wrong place due to his ignorance. Realizing that his ignorance could cost the person his life I immediately made arrangements to shift him to an emergency praying that he will be successfully revived.

Dr. Shripati M Bhat
Senior psychiatrist and Professor, KMC Manipal.

HYPNOSIS AND HYPNOTHERAPY

Hypnosis is a method by which a person can be guided into an altered state of consciousness called the 'trance state'. It is characterized by a deep state relaxation and increased suggestibility. In this state, one may achieve physical and psychological changes that are seemingly beyond one's normal conscious capabilities.

Anyone who is willing to cooperate and follow simple instructions can be hypnotized. As a matter of fact, each one of us is using hypnosis, knowingly or unknowingly, in some form or the other. We experience some form of a trance-like state each time we are lost in thoughts. It is a common state of mind that we have all experienced countless times before; we just didn't know it was called hypnosis!

Psychological therapy done using hypnotic state is called as Hypnotherapy. It is often classified as a form of alternative therapy but is perhaps better viewed as a branch of psychotherapy. It is not an occult esoteric art but a scientific therapeutic discipline. Utilizing these states of deep relaxation, the therapist assists the client in uncovering and exploring thoughts, emotions and memories of past events which may have been affecting a person's present state of mind. By activating one's own inner resources, hypnotherapy helps to heal numerous psychological and psychosomatic problems. Hypnotherapy can also be used to teach self-relaxation and to replace negative thoughts with positive affirmations for personal growth and development. Hypnotherapy is indicated in ANY physical condition that has an emotional origin and ANY mild to moderate psychological disorders (neuroses).

A lot of people believe that when they are hypnotized they will not be aware of anything that is happening around them. In fact, a person is always in control and it is always up to the person, whether he/she wants to accept or reject the ideas and statements offered by the therapist.

As per international norms, "hypnosis and hypnotherapy" could only be offered by a licensed mental health practitioner like, psychiatrist and psychologist. However the regulations differ from country to country. One should differentiate between 'hypnotist' (one who has completed hypnosis certification course, but not a mental health professional) and a 'hypnotherapist' (a mental health professional trained in hypnosis) whenever pursuing hypnotherapy.

The mind is an amazing tool, but just like with any other tool you need to learn how to use it. Hypnosis is an excellent method to reprogramming the subconscious mind. Master your Mind with this powerful method. Master your life!

Dr Shaunak A. Ajinkya

Professor, Department of Psychiatry

MGM Medical College and Hospital, Navi Mumbai

e-mail: 'shaunaka@gmail.com'

How to break bad news effectively

Bad news is defined as “any news that drastically and negatively alters a person’s view of his or her future”. The process of breaking bad news is employed in almost all walks of our lives and not only the doctor-patient relationship, but also the doctor-doctor, medical teacher-medical student, and doctor-student-health care worker-patient interaction too is affected by it. Breaking Bad News effectively is the most important part of medical education and yet is the most neglected aspect in India.

Currently protocols for breaking bad news –[**SPIKES** & **BREAKS**] are purely western society oriented and have not been widely experimented and implemented in Indian setup. I propose and have started implementing – “**DISHA: A New Protocol for Breaking Bad News**”. The name DISHA is an **acronym** which stands for: **D**-Determine [What, where and why is to be said]; **I**- Inform all, Invite all, Ignite all involved in the process so as to build a team; **S**-Share the past, the present as well as the future of the receiver and show all that is bright; **H**-Hope, Health and Happiness are the targets in all circumstances; **A**-Assistance to the receiver [Assistance by the Giver of bad news, Family, Society and Friends].

DISHA is improving Communication skills and Doctor-patient relations and has added a new dimension in medical education. I strongly advocate for introducing effective models of breaking bad news in undergraduate as well as post graduate medical teaching and also during internship period of training for better and humane health care delivery.

Dr Sushil Kachewar

**Prof. in Radio-diagnosis, Rural Medical College, PIMS(DU), Loni
Maharashtra, India- 413736 Email-radsbk@gmail.com**

REFRAME - Myths & Facts about “Depression and ”

- Mental health problems are very rare.
- ✓ 1 in 4 people will experience a mental health problem in any given year.

- Young people just go through ups and downs as part of puberty, it’s nothing.
- ✓ Children and adolescents suffer through psychological disturbances and needs to be addressed too. In fact, 1 in 10 young people will experience a mental health problem.

- People with mental health illnesses are usually violent and unpredictable.
- ✓ People with a mental illness are more likely to be a victim of violence.

- Mental health disorders are often life-long and difficult to treat.
- ✓ Different mental health disorders need different treatment durations. Some illnesses like adjustment disorders, mild depression, and first episode of depression / psychosis need short course of treatment as per patients improvement. However, in chronic illnesses, recurrent episodes of illness long term treatment are required.



UG n PG

An exclusive Section for
Undergraduates and Postgraduates



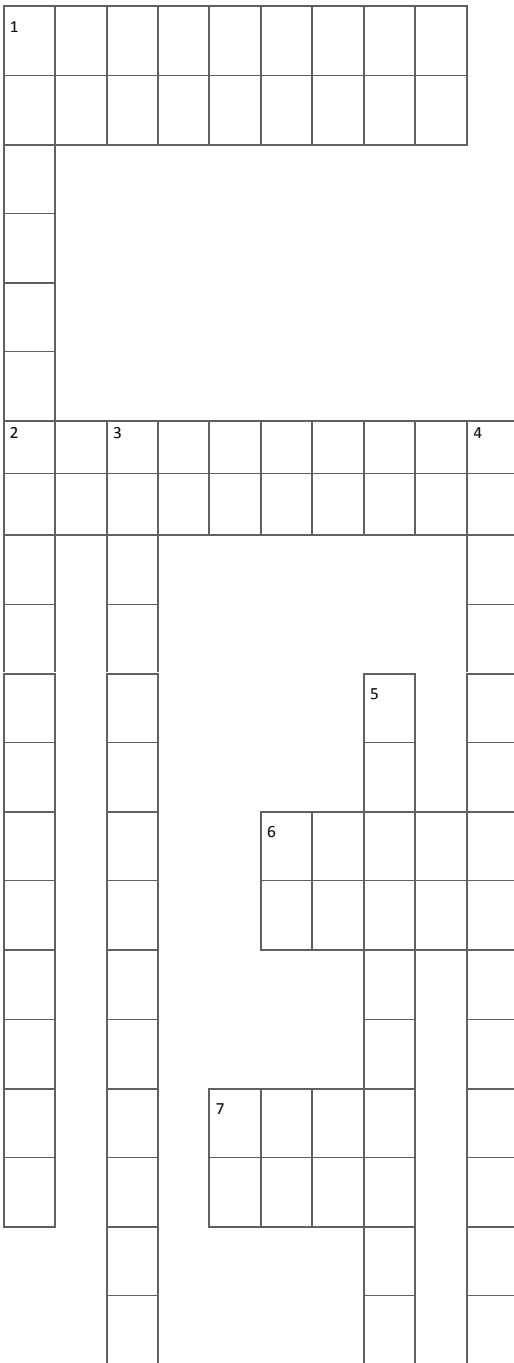
UG n PG

MINDS QUIZ

1. Forgetting unpleasant feelings is called as:
a. Isolation b. Repression c. Dissociation d. Suppression
2. A 32 year old woman was recently diagnosed with breast cancer. Which of the following would you expect to see first?
a. Shock & denial b. Anger c. Bargaining d. Depression
3. Nihilistic delusions may be seen in all except
a. Schizophrenia b. Dementia c. Depression d. Mania
4. Which of the following is an easily reversible cause of dementia?
a. Myxedema b. Alzheimer's c. Korsakoff d. Huntington's

NOTE : You can now request for any explanations to MINDS QUIZ answers by just an email to editormind@gmail.com

Can you cross the crosswords!!!



Across

1. A norepinephrine agonist
2. An antabuse
6. A rating scale for OCD
7. An epidemic prion disease caused by cannibalistic funeral rituals

Down

1. Syndrome due to partial deletion of chromosome 5 causing severe MR and a cat like cry
3. Feeling that results when hunger is satisfied
4. Mental state a person must have been in while committing a crime for it to be intentional
5. Site of the chromosomes where a gene is located

Compiled by: Dr. Smitha Tarachandra
Senior resident ,
Department of psychiatry,
K S Hegde Medical academy, Manglore

Quick Response Code
for the Website



- ACROSS
1. Clonidine
 2. Disulfiram
 6. YBOCS
 7. Kuru
- DOWN**
1. Cri du Chat
 3. Satiety
 4. Menstrea
 5. Locus

MINDS Newsletter was launched in July 2011 as a Monthly Newsletter on Psychiatry for doctors & medical students for creating awareness and continued medical education. You can receive a free e-copy of MINDS by an e-mail request to editormind@gmail.com, or by just SMS MINDS to Editor: +91 00000000/ Asst. Editor: +91 000000000, or join us

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Enjoy a new way of learning!!!!

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