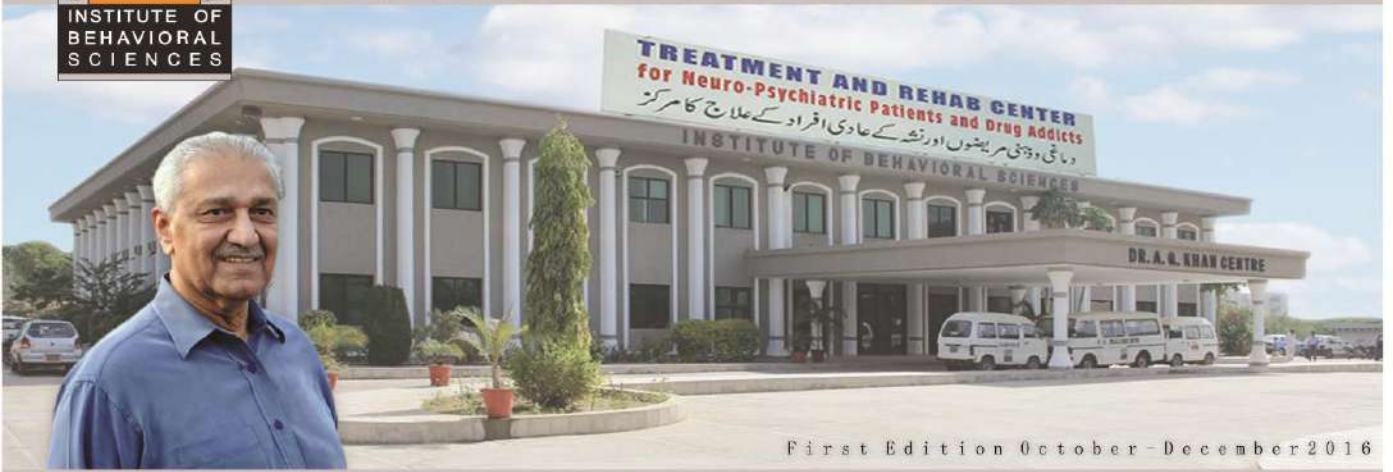




# IBS NEWSLETTER

DR. A. Q. KHAN CENTRE INSTITUTE OF BEHAVIORAL SCIENCES



First Edition October - December 2016

## ڈاکٹر اے کیو خان سینٹر انسٹیٹیوٹ آف بیہیورل سائنس

### INTRODUCTION OF IBS

In a country like Pakistan, there are issues such as; poverty, socio-economic crisis are at large, below the line literacy rate, law & order situation is unsatisfactory, political instability and lack of ethical behavior. These are some of the main reasons which lead to the mental illness or psychological disorder. Specially, in Karachi which is the business and economic hub of the country, people are suffering from this disease. In our society people think about a person having mental illness is abnormal or psycho patient and is untreatable, this is just a myth nowadays.

The modern concept of mental health focuses on the quality of living, its creativity and productive potential. National and economic considerations demand that a large section of the population affected by mental illnesses should be encouraged to play productive role in society rather than be perceived as a burden on the community. The major objective of Institute of Behavioral Sciences is to focus on quality of overall mental health care services, to develop community and family support systems in the society.

### WE OFFER TREATMENT FOR ALL KINDS OF MENTAL ILLNESSES

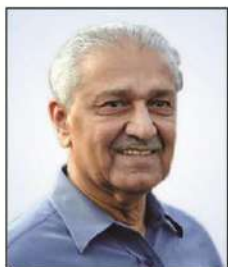
- Out-patient Departments (Regular / Executive OPDs) for Child & Geriatric Drug & Psychiatric patients.
- In-Patient Department (IPD) – Separate male/female wards for Drug and Psychiatric Patients.
- Daycare and Rehabilitation Services.
- Drug Detoxification and Rehabilitation Center.
- Group & Individual Counseling by Professional Psychologists.
- Electroconvulsive therapy (ECT) Facility.
- Neurological Psychiatric Therapeutic & Community Services (NPT & CS).



ذہنی صحت ہی صحت مند اور ترقی یافتہ معاشرے کی ضمانت ہے



IBS NEWSLETTER



## **Valuable Words of Honorable DR. ABDUL QADEER KHAN (NI & Bar, Sitara-e-Imtiaz & Hilal-e-Imtiaz)**

*Dr. Abdul Qadeer Khan* the national hero of Pakistan, Patron-In-Chief Board of Governors and the Founder of Institute of Behavioral Sciences. Institute of Behavioral Sciences is a trend setting non-profit organization for those people having psychological disorder, mental health issues, depression and drug addiction. The purpose of IBS is to fulfill the requirements of the citizens of Karachi by providing up to the mark mental healthcare services in Psychiatric, Psychological and Neurological areas of mental illnesses through In-patient Department, Drug Rehabilitation Centre, Out-patient Department/Clinics, and Daycare services.

and Neurological areas of mental illnesses through In-patient Department, Drug Rehabilitation Centre, Out-patient Department/Clinics, and Daycare services.

It is quite unfortunate that psychiatric and mental health issues are on the rise in the society due to poverty, law and order and economic problems. The residents of Karachi are more likely to suffer psychiatric disorders than other Pakistanis because of fast pace of life in the city. I am confident that under the dedicated board of governors and competent management team, IBS would flourish many folds in the times to come.



## **Message by Chairman Board of Governors Prof. Dr. Masood Hameed Khan (Tamgha-e-Imtiaz)**

Dr. A. Q. Khan has established many educational institutions in Pakistan. Besides having an honor to develop and making Pakistan a Nuclear state, Pakistanis have great respect for him and consider him a national hero. Dr. Khan's vision is to provide a facility where a comprehensive management for mental health is available to the masses.

Taking the vision forward, the current Board of Governors under the dynamic leadership of Dr. A. Q. Khan, Senator Abdul Haseeb Khan and other members has enhanced the facilities to provide CME for Doctors and increased level of mental healthcare services by not only enhancing out-door facilities but also providing in-door facilities as well. The provision of in-door treatment for a person needing mental health care is an excellent facility where, homely environment is provided for better and quick recovery of admitted person. I pray to Almighty ALLAH to give strength and success to Dr. A. Q. Khan and his team for continuous serving the needy.



## **Message from Member Board of Governors & Focal Person Senator Abdul Haseeb Khan**

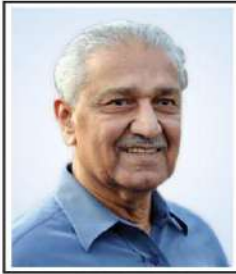
The treatment with the psychiatric patients has always been very poor in our society, as they are considered to be the abnormal people who cannot lead a normal life. Whereas on the contrary, the reality is quite different than this preconceived notion

Due to multiple unfavorable circumstances such as lack of basic amenities, joblessness, energy crisis, social victimization etc., a common man faces hard time in his life and becomes a psychiatric patient who needs counseling services to overcome a particular situation.

As one of the fastest growing cities in the world, Karachi has estimated population of over 25 million people and it is believed that over a million people in Karachi suffer from minor and major psychiatric disorders. IBS is the only Centre, committed to meet the needs of psychiatric treatment for ailing community of Karachi and its suburbs and welcome everyone to enter IBS premises irrespective of their paying capacity.

I, in the capacity of member board of governors of IBS, am fully determined to make positive and remarkable contribution for the execution and promotion of this institute whose foundation was laid down by honorable Dr. Abdul Qadeer Khan.

## FOUNDATION PILLARS OF IBS



Dr. Abdul Qadeer Khan  
(Founder)



Prof. Dr. Haroon Ahmed  
(Member BoGs)



Saeed Kashtiwala  
(Deceased)



Mian Muhammad  
Farooq (Deceased)



Dr. Abdul Qayyum  
(Deceased)



Syed Hulail Naqvi  
(Deceased)



S. M. Muneer  
(Ex-BoG)



Saleem Sultan  
(Ex-BoG)



Dr. Akhtar Aziz Khan  
(Ex-BoG)



Arif Habib  
(Ex-BoG)



Haroon Qasim  
(Ex-BoG)



Rashid Ahmed Siddiqui  
(Ex-BoG)

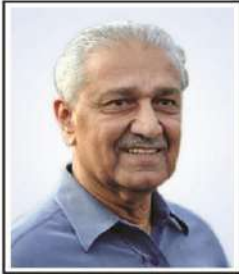


Hakim Abdul Hannan  
(Ex-BoG)



Prof. Maham Muneer  
(Ex-BoG)

## LIST OF CURRENT BOARD OF GOVERNORS



DR. ABDUL QADEER  
KHAN



PROF. DR. MASOOD  
HAMEED KHAN



SENATOR ABDUL  
HASEEB KHAN



SARDAR YASIN MALIK



PROF. DR. HAROON  
AHMED



PROF. DR. ABID AZHAR



PROF. RAZA UR  
RAHMAN



PROF. DR. MUHAMMAD  
MASROOR



PROF. DR. ABDUL  
GHAFFAR BILLOO



MR. MEHTAB UD DIN  
CHAWLA



MIAN ARSHAD FAROOQ



PROF. DR. KHALID  
MEHMOOD



DR. RASHID QADEER



PROF. DR. TALAT MIRZA

## Prof. Dr. Raza ur Rahman (Executive Director)



MBBS, MD, FCPS (PSYCH), DCPS-HPE, MHPE, Psychiatrist & Medical Educationist  
Meritorious Professor & Chairman Psychiatry Dow University of Health Sciences  
Ex Director Medical Education Dow University of Health Sciences  
International Fellow American Psychiatric Association,  
Best University Teacher Award 2014 by Higher Education Commission Pakistan  
Lifetime Achievement Award 2012 from Pakistan Psychiatric Society (PPS)  
Lifetime Achievement Award 2013 from SMC Alumni  
Member Executive Committee of Pakistan Psychiatric Society & Chief Organizer of  
20th International Psychiatric Conference of Pakistan Psychiatric Society  
Now serving as Secretary Governing Body & Executive Director at Dr. A. Q. Khan Centre (IBS)

### Message by Prof. Dr. Raza ur Rahman (E.D)

It is profound honor for me to extend this message of felicitations at the occasion of launching of IBS newsletter. I appreciate the efforts of IBS team for putting efforts to transform the proposed idea of newsletter into reality.

IBS is one of the most prestigious institutes in Pakistan providing multidisciplinary care to the psychiatric patients with primary focus on rehabilitation of them. IBS has been making continuous efforts for prevention and better management of psychiatric problems. Through newsletter IBS will not only highlight the importance of mental health in maintaining the harmony of society but it will also provide an opportunity to all health workers for their professional growth. This bulletin will also help in updating the knowledge related to mental health through publishing recent advances related to mental health. I am sure this newsletter will be advantageous and valuable not only for psychiatric patients but also for Pakistani population.

## Ms. Shahla Ahmed (Director Administration)



MBA (Marketing) – Missouri, USA  
PGD Health Management – London, UK  
Hospital Administration & Management Services – DUHS, Karachi  
Hypnotherapist, Certified by National Guild of Hypnotists – Boston, USA  
Advance Reiki Trainer & Master Certified by International Centre of Reiki Training – Michigan, USA  
Yoga Practitioner from B.K.S. Iyengar Yoga Institute – London, UK  
10+ years' Experience of running industry of Plastic Packaging for Pharmaceuticals  
10+ years' Experience to run own center of Alternative Healing Therapies; Hypnosis, Reiki & Yoga  
Joint Secretary of Association of Business Professional & Agricultural Women  
Managing Committee Member of Association of Physically Handicapped Adults  
Leading IBS Management as "Director Administration" since January 2012  
Initiated Project of N-PT & CS Department in Dr. A. Q. Khan Center IBS (Aug 2015)  
Currently serving as Director Administration in Dr. A. Q. Khan Center IBS

### Message by Ms. Shahla Ahmed (Director Administration)

The number of mental illness is rising day by day in society. The reasons behind are various inappropriate behaviors and their impact on daily life. Socio-economic issues such as; poverty, unemployment, lack of education, unavailability of basic health facilities, traffic jams, law & order situation, inappropriate use of internet and social media, broadcasting of anti-religion and unethical material in the name of entertainment or knowledge; are the main reasons of mental illness.

Mental illness/disorder is treatable, people having psychological disorders can live a normal life and social development is guaranteed by mental fitness. Focusing increased number of mental illness and psychological disorders, our National Hero and Nuclear Scientist, Dr. Abdul Qadeer Khan, presented a gift to the Metropolitan city of Karachi; in the form of Dr. A. Q. Khan Centre (IBS). The purpose of this Centre is to provide mental healthcare facilities to those who are suffering from mental illness. Symptoms of mental disorders at initial stages are; hastiness, disinterest in anything and afraid or nervousness.

A team of Psychologists is available to treat patients via assessments and various therapies. We also have Detoxification and Rehabilitation facility for Drug addicts. By improving patients' mental health and making them acceptable part of their families and society. IBS also offer services of qualified Occupational Therapists and a team of Neurological Psychiatric Therapeutic & Community Services (NPT & CS).

IBS is a 50 bedded hospital, separate male and female wards/beds to provide maximum mental healthcare facilities in nominal charges. Our competent faculty attends 80+ patients on daily basis in OPD without any discrimination.



**Message by  
Dr. Zoobia Ramzan**  
(Assistant Professor Psychiatry)

I feel immense pleasure to be a part of IBS, great institute in Karachi working hard

for the betterment of mentally ill people and helping their families.

*A case of Multiple Sclerosis with Prolonged Illness Behavior*

**Abstract:** Multiple Sclerosis is the most common cause of chronic neurological disorder in young adults. This disorder is more common in female population. The disease may be difficult to diagnose early in the course and physical symptoms are sometimes misinterpreted as psychiatric. Two third of the patients will experience psychological symptoms at some stages. Depression is usually seen in 50% of the patients while euphoria, emotional liability & fatigue also seen in MS patients.

Here we report a case of 32 years old married lady, with a known case of MS for last 5 years was referred by neurologist & by family members for her psychological issues & rehabilitation. During her admission our major focus was to improve patient motivation to work independently, to take care of her personal hygiene & to change her maladaptive behavior of sick role & illness. A team of mental health professionals including psychiatrist, psychologist, social worker and occupational therapist laid their combined effort on her improvement and successfully managed her prolonged illness behavior.

**Key word:** Multiple Sclerosis, Illness Behavior.



**Research Abstract  
by Dr. Washdev**

(Assistant Professor Psychiatry)

**Title:** To determine the Socio-demographic risk factors in opioid dependent patients

**STUDY DESIGN:** Descriptive Cross Sectional.

**PLACE AND DURATION OF STUDY:**

The study was conducted at the Department of Psychiatry & Behavioral Sciences, Jinnah Postgraduate Medical Centre Karachi. The duration of study was from August 2012 to February 2013.

**SUBJECTS AND METHOD:** One hundred fifty seven (157) male and female cases were interviewed. Subjects fulfilling diagnostic criteria were enrolled after informed consent. A Semi Structured Questionnaire Performa was used to collect the data. Patients suffering from organic brain disorder were excluded.

**RESULTS:** The mean  $\pm$  SD age of respondents was  $31.83 \pm 8.99$  years with range of 14-57 years. The mean  $\pm$  SD age of onset of using opioids was  $25.79 \pm 7.17$  years and age range for onset was between 13 to 40 years. The mean  $\pm$  SD duration of using opioids among these patients was  $5.29 \pm 3.72$  years (Range: 1-20 years). Almost 90% were under the age of 45 years. Majority of sample was male (94.3%), female were only 5.7%. Nearly half (47.8%) of opioid users were unemployed. Monthly income from an employment or from other sources was below 6000 rupees in about 30% of the sample.

**CONCLUSION:** Findings show that opioid dependent is more among productive age group

and those who are less or uneducated. Heroin is the most common consumed opioid. Employment status and hence the income were scarce in patients of opioid addiction.

**Key words:** Socio demographic, Risk factors, Opioid, Dependent.



**Editorial by  
Dr. Anum Haider**

(Assistant Professor)

FCPS - PSYCHIATRY

**MENTAL HEALTH  
DILEMMA IN  
PAKISTAN**

People often possess stereotype perceptions when they are ignorant of the facts. Unfortunately, mental health is facing the same problem in Pakistan.

Pakistan's population is around 190 million, of which 16-20% are suffering from different mental health problems that are continually on rise. About 3 out of 25 million population of Karachi is affected by mental health problems. Anxiety and Depression are among the top listed problems. Only 500 Psychiatrists are available for whole population in Pakistan. Very few doctors choose Psychiatry for specialization. The Government allocates only 0.4% of the total health budget for mental health. Rural areas have more poor status than that of urban areas. Most of the mental health facilities and treatment available in big cities are definitely scarce in relation to the affected population. Patient's family has to bear almost all the expenses of the treatment, which is too expensive for a common man.

There is no pertinent human right or legal protection available for people with mental health problems. However, they are stigmatized to avail basic life facilities and social role in the society. To change the whole scenario, the first step ahead is to correct public perception regarding mental health and related problems. Stigma is an identified barrier against availing mental health services and becoming a productive member of the society. Beside this, other possible measures must be inflation in the health budget, increment in the number of mental health professionals and easily accessible and affordable services, education of the community to apply mental health principles in everyday life and to seek help at early stage.



**Nida Anwar**

(Clinical Psychologist)  
M. Phil & Ph. D Fellow  
Psychology

Dr. A. Q. Khan Center institute of Behavioral Sciences is a

place which offers a wide cluster of services, including all sorts of Psychotherapies (Cognitive Behavior Therapies, Behavior Therapies, Client Centered Therapies, Individual Therapies, Electrical Therapies and so forth), Psychological Assessments, Crises Interventions, Couple/Family & Group counseling. I likewise need to recognize that we are living in a period of huge social and political distress and apparently presented to upsetting news once a day across the country and around the globe. These

occasions can hit home and affect your capacity to get the most out of your background. We stand prepared to bolster you & we are here for you.



**SYEDA ANNA HASSAN**

In-charge NPT/CS Department  
B.S Occupational Therapy (DUHS)  
Certified Rehabilitation from U.S.A (SKYPE)

**RECOVERED CASE**

Mr. A who is 30 years old, a technical diploma holder living with his father, came to our OPD one year back, with the complains of disturbed sleep & appetite, poor self-care, suspiciousness against his father & he used to beat him up badly very often. He had 7 to 8 years history of illness & was unemployed. His retired father had no source of income to support him financially which was very difficult to manage. A patient had also tried on several occasions to cut one of his legs off. He had burnt his leg quite badly in an attempt to get rid of it, but it got saved from getting amputated.

When his father brought him with these complains, he was admitted in the ward against his will. With physician's & surgeon's help, his leg was recovered. And after getting treatment for 3 months in the ward, he got better; his behavior improved & started taking his medicines by himself. After getting discharged from the ward, he's been visiting our OPD regularly & after selection, has been working in our NPT & CS department in 'Sheltered Employment Program' since one month. He's been working with

motivation & is very enthusiastic for getting a full-time job after completing his 3 months 'Sheltered Employment' training period.

Here are some steps that can help you to succeed by being yourself.

- Focus on your potential, not your limitations
- Devote yourself to something you do well
- To see yourself as successful
- Break away from the expectations of others
- Build a network of good supportive friends

Under the Guideline & Supervision of Ms. Shahla Ahmed (Director Administration) following are the Services of NPT/CS department currently offered in IBS.

**NPT & CS DEPARTMENT**

includes OPD, Ward Daycare Activities, Daycare Program, Vocational Assistance & Training Program, Rehabilitation Program, Community Psychiatry Program, Clinical CME, Seminar, Workshop Program, Training & Development Program for staff & intern-ees, Patient based Rehabilitation programs, Media (Talent beats challenge)



IBS Administration Team



IBS Nursing & Paramedics team

## IBS EVENTS DIARY 2016



Honorable Dr. Abdul Qadeer Khan's Visits at IBS



IBS WOMENS DAY

**EDITORIAL BOARD**

Editor-in-Chief  
**Prof. Dr. Raza-ur-Rahman**  
(Executive Director)

Managing Editor  
**Ms. Shahla Ahmed**  
(Director Administration)

Coordinators  
**Mr. Fabad Iftikhar**  
(I.T Coordinator)  
**Ms. Syeda Kashmala Agha**  
(Coordinator to D.A)  
**Mr. Syed Payez Ahmed**  
(Q.A. Officer/Marketing COORD.)  
**Ms. Syeda Anna Hassan**  
(In-charge NPT & CS)



IBS Celebrated Int'l Women Day



Workshop on "Mental Health & Benefits of Rehabilitation"

**SERVICES**

Graphics Designing  
fotek communication  
Printer

Maq. 6D



IBS Family Psycho Education Series  
To share the awareness for Mental Health to the masses



Free Mental Health Camp in MMI



IBS & DUHS Organized CME  
(Dr. Rizwan Ali -USA)

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**World Mental Health Day 2016**



**SCIENTIFIC SESSION ON NEURO SCIENCES**  
Wednesday, 5th October 2016 - 11:00 AM  
Facilitator: Prof. Dr. Shaukat Ali  
(Professor Neurology & Ex-HOD at [MPC])



**MENTAL HEALTH ACT**  
Friday, 7th October 2016 - 09:00 AM  
Guest: Advocate Shagufta Burney  
(Advocate Sindh High Court)



**AWARENESS TO CARE GIVERS & FAMILIES OF PSYCHOLOGY PATIENT**  
Friday, 14th October 2016 - 09:00 AM  
Facilitator: Prof. Dr. Fazeela Moghal  
(Asst. Prof. Institute of Clinical Psychology)



**Participation in Psychon 2016**  
21st International Psychiatric Conference Quetta  
27th to 30th October 2016



**LAUNCHING CEREMONY OF NEWSLETTER (IBS PROJECTION)**  
Chief Guest: Dr. A. Q. Khan  
(N.I. Bar, S. I. & N. I.)

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