

Development of psychological state services in West Pakistan

Malik Hussain*

Nawaz Sharif Medical College, Pakistan

*Corresponding author: Malik Hussain, Nawaz Sharif Medical College, Pakistan ; E-Mail: hussainmalik11968@gmail.com

Received date: October 30, 2020; Accepted date: August 12, 2021; Published date: August 23, 2021

Citation: Malik Hussain (2021) Development of psychological state services in West Pakistan. J Nurs Health Stud.Vol.6 No1.

Abstract

Pakistan may be a country comprising four provinces: geographic region, Sind, Northwest Frontier Province and Baluchistan, additionally to the federally administered social group areas and also the federal capital territory of national capital. it's featheredged by China, Islamic State of Afghanistan, Persia and Bharat. it's a population of 152 million (excluding associate degree calculable 3–4 million Afghan and Bangladeshi immigrants) and a section of 796 095 km².

The per capita gross national product (GNP) is \$483 and also the budget of the Ministry of Health is five-hitter of the national budget, or 0.7% of the gross national product (1997 figures). The annual per capita expenditure on health by the Ministry of Health is \$3.5, compared with the national expenditure of \$31. The ratios of beds, doctors, dentists and nurses to ten 000 population compute at half dozen.9, 6.0, 0.25 and 4.1, severally. The psychological state budget is zero.4% of the general health budget.

Introduction

From a modest starting in 1947, once there have been solely 3 mental hospitals, at Lahore, Hyderabad and metropolis, and a medical specialty unit at the hospital in metropolis, medical specialty units were bit by bit established altogether the medical schools of the country, particularly throughout the Seventies[1].

At the collegial level, activity sciences are incorporated within the curricula of all the medical colleges in West Pakistan[2]. Associate degree autochthonic activity sciences teaching module has been developed for medical students and an indication project of community-oriented medical education with a stress on activity sciences was established in 1998 in four of the general public sector medical schools altogether the provinces of the country.

At the postgraduate level, fellowship (FCSP), MD and credential courses area unit offered. the faculty of Physicians and Surgeons West Pakistan (CPSP) is that the main certifying body for postgraduate coaching in psychopathology; a four-year coaching programmer results in a fellowship in psychiatry[3]. This coaching is administered at such establishments below the superintendence of certified trainers. The coaching involves exposure to adult, forensic, kid and adolescent, geriatric and

liaison psychopathology patients during a ranked manner that's monitored by the CPSP through regular reports from the supervisors, trainees and its own inspectors[4]. The novice needs to complete an enquiry project and submit a thesis throughout this coaching amount, besides attending workshops (organized by the CPSP) on analysis strategies, biostatistics and communication skills[5]. the first FCSP examination focuses on basic sciences relevant to psychopathology, whereas half II forms the additive analysis at the top of coaching.

Psychiatric nursing is being offered as a separate subject in the least the nursing establishments within the country and a program for medical specialty nursing has been developed[6]. A biennial postgraduate credential for medical specialty nursing has been initiated in nurse coaching schools within the country then so much fifty two medical specialty nurses have qualified[7].

The nursing workers registered underneath the Islamic Republic of Pakistan nursing council, presently providing services within the hospital room, medical aid unit, qualitative analysis unit, viscus ward, paediatrics ward, medical ward, OB and gynaecology ward, surgical ward, operation theatre, and labor space of the afore-mentioned public sector hospitals were enclosed within the current study[8]. These wards were designated as they carry high risk of errors. Nursing students or nurses operating in camera sector additionally as within the departments aside from those mentioned higher than were excluded from this study[9].

Conclusion

The current study discovered the intense inadequacies in HAMS data among Pakistani nurses which might cause medication errors resulting in adverse patient outcomes. Major obstacles round-faced by nurses throughout HAMS administration were "getting unsure answers from colleagues," "unavailability of appropriate person to consult," and "receiving verbal orders." Nursing students ought to receive comprehensive HAMS connected education and coaching throughout graduation. Moreover, the coaching of the nursing workers ought to even be conducted on periodic basis. every hospice in Islamic Republic of Pakistan should recruit spare range of medication consultants (clinical pharmacists and pharmacovigilance officers) so as to make sure practice and handiness of normal operation procedure for prime alert medication safe storage, dispensing, and administration.

References

1. Beck AK, Rush AJ, Shaw BF, Emrey G (1979) Cognitive therapy of depression New York Guildford press.
2. Wells A, Leahy R (1998) Cognitive therapy of anxiety disorders: a practice manual and conceptual guide Journal of cognitive psychotherapy 350-355.
3. Linehan MM (1993) Cognitive-Behavioral Treatment of Borderline Personality Disorder New York The Guilford Press.
4. Cormac I, Jones C, Campbell C (2002) Cognitive behaviour therapy for schizophrenia. Cochrane Library.
5. Dickerson FB (2000) Cognitive behavioural psychotherapy for schizophrenia: a review of recent empirical studies. Schizophrenia Research 71-90.
6. Araya R, Rojas G, Fritsch R, Gaeta J, Rojas G, Simon G, Peters T (2003) Treating depression in primary care in low-income women in Santiago, Chile a randomised controlled trial Lancet 995-1000.
7. Taj R, Sikander KS (2003) Effects of maternal depression on breastfeeding Journal of Pakistan Medical Association 8-11.
8. Pande S (1968) The mystique of western psychotherapy: an eastern interpretation. The Journal of Nervous and Mental Disease 425-32.
9. Laungani P (2004) Asian perspectives in counselling and psychotherapy Brunner-Routledge, New York.