

A Profile of the Institute of Psychiatry and Neurology in Warsaw

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Summary

Artykuł przedstawia opis Instytutu Psychiatrii i Neurologii w Warszawie. W części wstępnej przedstawiono najważniejsze zadania Instytutu: zadania związane z pełnieniem roli doradczej dla Ministerstwa Zdrowia wyrażające się między innymi opracowywaniem projektów ustaw dotyczących wychowania w trzeźwości i zapobiegania alkoholizmowi, zapobiegania narkomanii, wreszcie opracowaniem projektu ustawy o ochronie zdrowia psychicznego. Działalność Instytutu w zakresie ochrony zdrowia psychicznego w Polsce i w dziedzinie badań została doceniona przez WHO, która powołała Instytut w 1992 r. jako Ośrodek Współpracujący z WHO. Opisano także zadania kliniczne i rodzaj leczonych w Instytucie pacjentów.

Najobszerniej opisano naukową działalność Instytutu w części badań dotyczących problemów zdrowia psychicznego i leczenia zaburzeń psychicznych i uzależnień. Przedstawiono realizowane aktualnie projekty badań w następujących obszarach: badania nad chorobami afektywnymi, nad schizofrenia, nad zaburzeniami dzieci i młodzieży, nad problemami uzależnień i badania epidemiologiczne.

Wspomniano o udziale pracowników Instytutu w działalności towarzystw naukowych zagranicznych i o aktywnym udziale w zjazdach i konferencjach naukowych.

Mental illness, alcohol and drug related disorders constitute important health problems in Poland. Management of immediate and chronic sequels of these phenomena has become particularly urgent as our society experiences rapid social changes. Adequate co-ordination of research and practice is needed in order to prevent further health deterioration.

The Institute of Psychiatry and Neurology (IPN) was established as an institution for psychiatric and neurological research by decision of the Cabinet in 1951. Re-organisation of the Institute structure was started in 1972 and new clinical and research departments and laboratories were added to the existing ones. Extensive epidemiological, clinical and basic research programmes were launched on genetics, pathogenesis and treatment of schizophrenia, affective disorders, alcohol and drug abuse; psychopharmacology, psychotherapy and neurochemistry. New diagnostic and research techniques, including computerised tomography (CT) and magnetic resonance imaging (MRI), were introduced in the last decade. Simultaneously, the Institute acted as a psychiatric and neurological hospital developing new methods of diagnosis and treatment, as well as a postgraduate training centre for psychiatrists, neurologists and clinical psychologists.

The multidirectional scientific activities of the Institute have met with international recognition. The Institute collaborates with over 20 scientific centres abroad. In 1992 the Institute was appointed by the World Health Organisation as a WHO Collaborating Centre for Research and Training in Mental Health.

Current tasks of the Institute include:

- " treatment of psychiatric and neurological disorders, as well as of alcohol and drug dependence;
- " development of a national mental health policy and programme,
- " collection and dissemination of epidemiological data on mental and neurological disorders,
- " research in the area of:
 - diagnosis and classification of mental disorders,
 - health-related psychosocial factors,

- evaluation of the services for the mentally ill,
 - biological aspects of mental disorders,
 - biological and psychopharmacological aspects of alcohol and drug dependence,
 - diagnosis and classification of vascular and degenerative disorders of the CNS,
 - pathogenesis of vascular and degenerative disorders.
- " postgraduate training in psychiatry, neurology, neurophysiology, psychotherapy/family therapy and clinical psychology.

The aims of the Institute of Psychiatry and Neurology are to improve health care in the field of psychiatry and neurology and to conduct research in these fields. Different disciplines are represented by 25 departments including, among others, four departments of psychiatry, two departments of neurology, the department for neurotic disorders and psychotherapy, the department of child and adolescence psychiatry and department of forensic psychiatry. Basic research, frequently in co-operation with clinical units, is conducted by several departments and laboratories such as department of biochemistry, department of pharmacology and physiology, department of genetics and department of clinical neurophysiology.

The Institute is presently carrying out clinical, epidemiological and experimental research projects. Considerable work is focused on pathogenesis and new methods of diagnosis, prevention and treatment of affective disorders, schizophrenia, alcohol and opiate dependences, cardiovascular dementia, Alzheimer's type dementia, metabolic and inflammatory diseases. Moreover, the Institute co-ordinates cerebral stroke studies carried out in Poland in collaboration with various centres abroad. Special attention is paid to efficacy of new drugs in the treatment of mental and neurological disorders, as well as to psychotherapy and sociotherapy.

The Institute has made a significant contribution to the programme of psychiatric and neurological services. Many regulations and legislative acts were prepared with a contribution from the Institute, including the Act of 1982 on Upbringing in Sobriety and Counteracting Alcoholism, the Law of 1985 on Preventing Drug Dependence, and the Mental Health Act, which was passed by the Parliament in 1994. As a consequence of the Mental Health Act, a Mental Health Programme for Poland was drafted by the Institute in collaboration with the WHO and then accepted by the Ministry of Health at the beginning of 1995. The Institute of Psychiatry and Neurology is responsible for the implementation of the programme and its revision. The most recent revision has been submitted to Ministry of Health and will be reviewed and, hopefully, accepted by the Cabinet.

Clinical activity of the Institute involves inpatient and outpatient facilities. 566 beds are available of which 440 are for psychosis, alcohol or drug dependence and children and adolescents with mental disorders while 126 beds are for neurological patients. Day-care centres provide another 108 places, while in the outpatient department over 10.000 visits are registered yearly.

The Institute publishes three journals: *Postepy Psychiatrii i Neurologii* (Advances in Psychiatry and Neurology), *Alkoholizm i Narkomania* (Alcohol and Drug Abuse) and *Farmakoterapia w Psychiatrii i Neurologii* (Pharmacotherapy in Psychiatry and Neurology). The Statistical Yearbook is also published every year, containing statistical data on activities of all Polish psychiatric facilities.

Current main research projects

Clinical, epidemiological and experimental research projects in the field of psychiatry are carried out by the Institute research staff working in 25 research units. The main research areas and some of the research projects conducted currently in the Institute are listed below.

1. Affective disorders research

" "Combined treatment of depression and interactions of antidepressant drugs of the 1st and 2nd generation" (Puzynski at al., 1998).

" "The effect of phototherapy on cognitive functions in patients with the Seasonal Affective

Disorder (SAD)" (Slosarska et al., 1999).

" "Usefulness of anti-depressive treatment in patients with mild dementia". (Parnowski et al., 1999).

2. Schizophrenia research

" "Pathogenic and clinical correlates of psychopathological dimensions of schizophrenic syndromes" (Wciorka et al., 1999).

" "Subjective and objective assessment of pharmacotherapy effectiveness and quality of life in schizophrenia" (Jarema et al., 1998, Jarema M., Bury L. et al., 1998a).

" "Measurement of depressive symptoms in schizophrenic patients" (Szafranski et al., 1997).

" "Evaluation of effectiveness of a therapeutic programme (including psychopharmacotherapy and psychoeducation) in schizophrenia" (Jarema M., Konieczynska et al., 1998).

" "Evaluation of effectiveness of a community care system (care provided by a mobile community team) to prevent readmission and improve the quality of life and social functioning of the chronically mentally ill" (Zaluska M., 1998, 1998a).

" "Characterisation of families of patients with schizophrenia, anorexia, or ischaemic heart disease" (Namyslowska I. et al. 1996).

" "Evaluation of training in solving problems related to mental illness - the effect of the training on subjective quality of life in chronic schizophrenic patients" (Meder J. et al., 1997).

" "Evaluation of clinical factors related to patient non-compliance in pharmacological treatment of schizophrenic patients" (Rzewuska M., 1998).

3. Research on determinants of mental disorders in adolescence

" "Family functioning in relation to sense of coherence and psychosocial maladjustment in adolescents" (Jelonkiewicz I., Kosinska-Dec K., 1999).

" "Sociopsychological and psychopathological correlates and determinants of aggression and cruelty in adolescents" (Fraczek A., 1996).

" "Relationship between parental behaviours and traits and children's alcohol drinking" (Okulicz-Kozaryn K. et al., 1999).

4. Research on substance dependence

" "Alcohol drinking and drug use in primary and secondary school students"- part of the international project (ESPAD) co-ordinated by the Swedish Council for Alcohol and Drug Information (CAN) in Stockholm (Sieroslowski J. et al., 1997).

" "Monitoring of the drug scene in Warsaw". A Multi-City Study (since 1995) using the methodology developed by the Pompidou Group (Council of Europe) (Sieroslowski J. et al., 1997a).

" "Drug abuse prevention in the local community" (Swiatkiewicz G., 1999).

" "Monitoring of the National Health Programme, target No. 4 - to decrease alcohol consumption levels, to change the structure of alcohol consumption, and to reduce alcohol-related health harms, and target No. 5 - to reduce psychoactive substance use and related health harm" (Moskalewicz J. et al. 1999).

" "Evaluation of a Program "Domowych Detektywów" (a Polish adaptation of the Slick Tracy Home Team alcohol prevention programme)" (Ostaszewski K., 1998).

" "Sense of coherence (SOC) of alcohol dependent patients in relation to the mechanism and effectiveness of alcohol treatment - a follow-up study (Woronowicz B. et al., 1997).

" "Evaluation of effectiveness of methadone substitution treatment in opiate dependent patients, as compared to Clonidine treatment and symptomatic treatment" (Steinbarth-Chmielewska K., 1996).

" "The role of neurotransmitter and receptor systems in aversive and reinforcing action of ethyl alcohol - the effect of compounds affecting the N-cholinergic receptor (nicotine, mecamylamine) and NMDA glutaminergic receptor (non-selective NMDA antagonist, memantine) on alcohol drinking in rats (Kostowski W. et al. 1999).

" "Selection of a rat line manifesting a high preference for ethanol consumption - a study of 18th-19th generation of Wistar rats selected towards phenotype with an increased preference for

alcohol abuse" (Dyr W. et al., 1998).

" "Neuronal and receptor mechanisms of alcohol craving and alcohol relapse" (Bienkowski P. et al., 1999).

" "The serotonergic system role in the development of ethanol dependence" (Stefanski R. et al., 1996).

5. Epidemiological research

" "Analysis of data on resources of psychiatric and neurological services and on prevalence of mental disorders in Poland" (Pietrzykowska B., et al. 1998, Statistical Yearbook on Mental Health Care and Neurological Care Facilities.

" "Evaluation of changes in the structure and range of services provided by psychiatric facilities in the transition from being state-financed units into self-dependent free market enterprises" (Langiewicz W., 1998).

" "Assessment of the Mental Health Act implementation. Monitoring of adherence to the Act regulations, using an ABC Questionnaire" (Dabrowski S. et al., 1999).

Research findings obtained from these and other projects were published in over 500 papers mainly in Polish scientific journals but about 100 were in English-language journals. Researchers from the Institute have participated in 383 conferences and congresses delivering more than 550 presentations in 1998. As members of international scientific societies, they often belong to executive boards such as the European Society of Human Genetics, the European Society for Bioresearch in Alcoholism and the International Society of Research on Aggression.

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