

TWINNING PROJECT: SIR COWASJEE JEHANGIR INSTITUTE OF PSYCHIATRY AND BEHAVIOURAL SCIENCES PAKISTAN AND THE STATE HOSPITAL CARSTAIRS SCOTLAND

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INTRODUCTION

Sir Cowasjee Jehangir Institute of Psychiatry Jehangir Institute of Psychiatry is a hospital located in Latifabad suburb of the city of Hyderabad, in Sindh, Pakistan. It was established in 1852 during the British Raj and was named after Jehangir Cowasji Jehangir Ready money. It is the largest psychiatric hospital in Pakistan. It is locally known as Giddu Bandar Mental Hospital.¹

The State Hospital Scotland is a psychiatric hospital near the village of Carstairs Junction, in South Lanarkshire, Scotland. It provides care and treatment in conditions of high security for around 140 patients from Scotland and Northern Ireland. The hospital is managed by the State Hospitals Board for Scotland, which is a public body accountable to the First Minister of Scotland through the Scottish Government Health and Social Care Directorates. It is a Special Health Board, part of the NHS Scotland and the only hospital of its kind within Scotland.²

The twinning project started in 2021 under the Global Citizenship Programme of the Scottish Government.³ The group is represented by individuals from two separate organisations:

- (1) The School of Forensic Mental Health (SoFMH) in Scotland⁴ and
- (2) Sir C J Institute in Pakistan.

Together, they pursued a common goal - improvement in clinical practice through the use of educational activity. The development of a new educational initiative in Pakistan entitled 'New to Forensic Let's Work Together' is based on a well-established education programme integrated into all Scottish Forensic Mental Health Services in Scotland, but is novel for partners in Pakistan. The aspiration is that the programme will serve to stimulate staff and inspire a new way of working within the service.

The group has worked tirelessly to overcome the language barrier that is inevitable across two disparate nations - Scotland and Pakistan. Sometimes this meant using interpreters or recording sessions, and periodically by simply speaking slowly and repeating information with a degree of regularity.

The Chair of the group engaged in online training apps in Sindh and was coached by a former university student in evenings for 3 months. Additional time and effort was essential when collaborating via Microsoft Teams with poor internet connections and time differences. This resulted in the need for more flexible patterns of working. The group persevered against the odds, and the new programme slowly emerged after a year.

Patience was important because long-term projects have varying degrees of engagement through the different stages of completion: the initial flurry with multiple parties, then a gradual drop off until a core group was established /sustained, which was then followed by the return of leaders to celebrate successful completion. The two groups worked tirelessly to maintain momentum throughout the COVID-19 period, when the volume of work was already at an optimal level, and this initiative added further to the workload. The desire to succeed was never in question and all involved remained enthusiastic throughout the process. This nomination is being made to highlight an example of good practice in cross collaborative working.

What were they trying to achieve?

The aim of the group was to develop a bespoke educational programme for frontline staff at Sir C J Institute, Pakistan. The programme titled – New to Forensic (N2F)⁵ 'Let's work Together' is designed to be self-directed, problem based and practice oriented.

The programme is substantive and designed to be completed over a maximum of one year. The School of Forensic Mental Health (SoFMH) - which is part of the Scottish Forensic Mental Health Managed Care Network - launched the 'New to Forensic' introductory education programme in Scotland in 2007 with immense success, which is now completed by just under 2,000 participants. It serves to prepare practitioners to work safely with mentally disordered offenders (MDOs). Feedback through a three-year longitudinal project indicates this programme has had an enormous impact. It has increased knowledge and awareness of issues pertinent to the care and treatment of mentally disordered offenders, improved information sharing and enhanced multi-disciplinary working.

The State Hospital/SoFMH was approached by representatives from Sir C J Institute to create a similar programme for Pakistan to prepare their staff to work both safely and therapeutically with MDOs.

The School of Forensic Mental Health (SoFMH) was established within the higher and further education sectors to meet the forensic mental health education and training needs of Scottish society. It is an integral part of the Forensic Mental Health Managed Care Network. It is a virtual School with a number of clear aims to:



improve the quality of response, care, treatment and outcomes for people with a mental disorder who come into contact with, or whose behaviour puts them at risk of contact with the criminal justice system, in ways that are non-discriminatory, promote equality and respect diversity:

- effect a shift in the overall institutional culture of services to one which emphasises care and treatment in a variety of settings, and the promotion of positive mental health delivered on a multi-disciplinary and multi-agency basis;
- improve public safety through enhanced risk assessment and risk management;
- offer multi-level and progressive provision of learning across the College and University interface, and
- enhance clinical practice through the development and promotion of findings from large-scale research projects.

The SoFMH model involves expert clinicians active in the forensic field, developing and delivering short courses in multi-agency fora. High standards of teaching are maintained and governed rigorously. There has been a rapid increase in the demand for short courses since its inception in 2007. SoFMH now provides an extensive range of 35 skills based short courses including: risk assessment / risk management; legal aspects; clinical assessments and psychological interventions. Positive feedback has been gathered from participants following every event. This model can be replicated through time in Pakistan with the New to Forensic programme used as a catalyst for change.

What did they do?

A short-life working group was established, with representation from the SoFMH and Sir C J Institute in Pakistan. Initial meetings for the first year were monthly, reducing to two monthly in year two. The original New to Forensic education programme was used as a template and new material emerged through discussion across parties. All case studies were re-written, the structure of the programme was modified, new references were added and additional supportive material incorporated at suitable intervals. One of the key factors was to understand the context in which this programme would be delivered. There are cultural differences between the two countries and writers had to be sensitive to this issue. The programme that has been developed includes information regarding Mental Disorders and the Sindh law; Policies and Practice in Pakistan; underpinning values and attitudes of staff working with mentally disordered offenders; the current service provided at Sir CJ Institute and aspirational activity e.g. introduction of a wider service to include mental health tribunals and social work provision; assessment, treatment and management of mentally disordered offenders.

What impact or result did it have?

The programme is near to completion and the organisation (Sir C J Institute) is being prepared for implementation. Training for trainers has been planned. Thereafter, this group of trainers will mentor staff in Sir C J Institute and within the next year complete the programme with staff in the two secure wards that hold mentally disordered offenders.

The most immediate and obvious impact this has had already is the establishment of a formal working relationship between two countries, bound through common interest and desire to improve care and treatment conditions for people who suffer from mental disorder. The collaborative spirit in which the programme has been created is to be applauded. Learning has occurred on both sides, and a strong bond and mutual working partnership have been established. This clearly is the first of many initiatives that will result from partnership working such as this. The next stage is to train partners in risk assessment and risk management. To date, SoFMH has listened to the requests of practitioners in Pakistan, delivered what was desired in order to satisfy the needs of the service, and has created an appetite for new knowledge. The Scottish university that provides higher education and training in collaboration with the SoFMH (University of the West of Scotland) has received interest from staff in Pakistan for its MSc in Forensic Mental Health and Graduate Certificate in personality Disorder programmes – both of which are delivered online.

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