SOUTH-WESTERN DIVISION

THE AUTUMN MEETING of the South-Western Division was held at St. James' Hospital, Portsmouth on Thursday, 16 October 1969, by kind invitation of the Hospital Management Committee and Dr. E. G. W. Cross, Consultant Psychiatrist.

Members met at the Solent Clinic and during the morning discussed the development of the Clinic and visited various other activities of interest in the hospital. The Division was welcomed to St. James' by Dr. Cross, Chairman of the Medical Advisory Committee, and Dr. Simpson replied.

The President, Dr. T. M. Cuthbert, took the Chair to open the Divisional Meeting, and after being welcomed to the Division and making some introductory remarks, he handed over the Chair to Dr. Simpson for the rest of the meeting.

The Divisional Committee of Management reported that a Senior Registrar had been appointed in the Wessex Region, based upon Southampton, for training and specialization in E.E.G. work. The recent Government proposals on specialist registration were discussed and the Secretary was instructed to write to the General Secretary, bringing their concern to the notice of Council.

The Committee had also discussed the problem of psychogeriatric beds in psychiatric hospitals. At recent meetings attended by representatives of the Department there was a definite impression that the policy of the Department was to discourage the admission of elderly patients to mental hospitals; and many points were raised which emphasized the difficulties and dangers which such a policy would produce.

Lastly, the subject of failure in effective communication in the administration of psychiatric matters in the South-Western region was again discussed. The Committee was joined by Dr. Donal Early, who had been invited to attend and to give his views. It was thought that there was every chance of improvement, and it was decided that a further letter should be sent to Dr. Westwater, bringing various points to his notice, and that the matter should be kept under review.

The following candidates were elected to Ordinary Membership:

BAILEY, VERA FRANCES ALEXANDRA, M.B., B.S., Registrar, Warlingham Park Hospital; 14 Creek End, Emsworth, Hampshire.
Proposed by Drs. J. D. Fisher, A. Graham, C. McDonald.

CHAUDHARI, GOPAL RANGO, M.B., B.S., D.T.M.H., D.C.H., D.P.M., Assistant Psychiatrist, Tone Vale Hospital, Taunton.
Proposed by Drs. M. F. Bethell, J. W. Warboys, A. M. Bradfield.

CORBETT, LIONEL, M.B., Ch.B., Trainee in Psychiatry, Royal Victoria Hospital, Netley, Southampton.
Proposed by Drs. J. R. Robertson, C. A. Boland, D. C. V. Stewart.

JONES, EUNICE MONICA, B.A., M.B., Ch.B., Locum Registrar, Barnsley Hall Hospital, Bromsgrove, Worcs.
Proposed by Drs. A. G. Fullerton, M. G. McColl, L. Tarlo.

MOUNTJOY, CHRISTOPHER QUENTIN, M.B., B.S., M.R.C.S., L.R.C.P., Registrar, Graylingwell Hospital, Chichester, Sussex.
Proposed by Drs. B. M. Barraclough, P. Sainsbury, N. H. Weir.

SAUNDERS, WILLIAM ANTHONY, M.A., M.B., B.Chir., D.C.H., Registrar in Child Psychiatry and Mental Subnormality, Child Guidance Clinic, Bristol; 41 Dorset Road, Westbury-on-Trym, Bristol.
Proposed by Drs. R. F. Barbour, J. B. Gordon-Russell, M. Tun Win.

TORRES-GONZALEZ, FRANCISCO, L.M.S., M.D., Registrar, Littlemore Hospital, Oxford.
Proposed by Drs. A. D. Harris, F. Arroyave-Portela, F. J. J. Letemendia.

TRAZASKI, CZESLAW STANISLAW, M.D., D.P.M., Medical Assistant, Park Prewett Hospital, Basingstoke, Hants.
Proposed by Drs. M. M. Salzmann, N. Wright, D. A. Bennett.

VENKATESWARLU, TAMIRISA, M.B., B.S., Senior House Officer, Morgannwg Hospital, Bridgend, Glamorgan.
Proposed by Drs. J. M. Cuthill, F. John, A. T. Lloyd.

ZAUFAL, ANTONI TADEUSZ, M.D., Senior Medical Officer, Morgannwg Hospital, Bridgend, Glamorgan.
Proposed by Drs. H. Rosenberg, A. T. Lloyd, S. Nam.

ZINNA, ROSARIO FEDERICO, M.D., Consultant Child Psychiatrist, Wessex Regional Hospital Board; 23 Wharfdale Road, Bournemouth.
Proposed by Drs. W. N. L. Haynes, J. A. Kelleher, J. E. Stirrat.

Papers and Discussion

FAMILY PSYCHIATRY—FACT AND FICTION

DR. C. HAFFNER introduced his closely reasoned survey of the concept of the family by pointing out that, although family psychiatry had received so much publicity that some clinics had even felt obliged to change their names, a British psychiatrist had reputedly argued that the bourgeois family unit was the ultimate and most lethal gas chamber in society.

Precise definition was impossible, and within the three possible units—individual, family or society—there were innumerable fields involving significant relationships.

Two fundamental values, inconsistent with one another had to be maintained—the emphasis on

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individual uniqueness, and the emphasis on conformity; in this situation the societal values had to be in balance with the family values.

After considering this problem, Dr. Haffner presented various patterns of family morphology and various factors concerned in family structure; and proceeded to outline the processes of communication within the family. These included not only words, but the signs, symbols and signals which play a major role in the ways in which values are mediated within the family. There were three basic conceptual levels in perceiving a family—the relational, the organismal (cf. 'the family is more than the sum of its parts'), and the socio-cultural; all were presented and illustrated from the points of view of the clinician, the psychologist and the sociologist; and finally some conclusions were drawn from the mental health studies of the Hutterite community in America, and the Kibbutzim in Israel, both of which have collective family systems which have been the subject of longitudinal surveys in social psychiatry.

Phoenix—A Therapeutic Community for Ex-Addicts

Dr. I. G. Christie opened his address with a description of the establishments in the United States which attempted the rehabilitation of drug addicts. He had spent ten days in New York; and after studying the Daytop and Synanon, visited Phoenix which represented attempts to use the somewhat brutal therapeutic approach of the earlier endeavours on a wide scale. In Daytop—a country house—he was the only person who had not been addicted, and the process of rehabilitation had created responsible, stable people.

At Phoenix, a rigid hierarchical system operated. An addict came in 'at the bottom', accepted discipline and later responsibility in a new life, in a totally non-permissive society. All errors are immediately challenged, although the past is not, and three times weekly there are violent, hostile encounters when in open discussion difficulties of conforming are debated. Three days in Daytop was a 'conversion experience' for Dr. Christie, and the present address dealt with plans and experience in applying such methods in England.

A year's preliminary experience in a segregated unit at Portsmouth emphasized that a permissive approach was useless—ex-addicts cannot be given any rope. Authority could be exercised by professional psychiatric staff, but it is more difficult for the patient to identify with them than with other addicts. In the present unit are a medical director and four-five full-time nurses on shift, but with no domestic staff. Few patients had so far stayed for a year in the existing unit, and of 48 patients in eighteen months half had relapsed on to drugs and 5 were at present in the unit. The proposal to create a new hostel, as self-supporting as possible, had now been approved. The intention was to train ex-addict therapists, and residents must be off drugs before admission.

Dr. Christie illustrated his talk with examples of interviews on videotape, and emphasized that the whole project was experimental and that no rigid pattern of organization could be imposed.

The two papers were followed by brisk discussion, and Dr. Francis Pilkington, in thanking the speakers, expressed the appreciation of the meeting for very erudite and stimulating addresses.

The Spring Meeting of the South-Western Division was held at St. Lawrence's Hospital, Bodmin, on Thursday, 9 April 1970, by kind invitation of the Hospital Management Committee and Dr. J. F. O'Donovan, Consultant Psychiatrist.

Members met for coffee, and in touring the hospital were particularly appreciative of the scale of the contributions, both of buildings and amenities, provided during the past few years by the League of Friends of the hospital. At a reception and luncheon, the Division was welcomed by Mr. H. Dingle, J.P., Chairman of the Hospital Management Committee, and Dr. Simpson, the Divisional Chairman, expressed the thanks of the Division for the warm welcome and hospitality that had been extended.

Dr. Alan Heaton-Ward was installed as the new Chairman.

The Divisional Committee of Management reported a number of items:

The Division's letter concerning policy on psychogeriatric patients had been referred by Council to the Tripartite Committee; and the point that they had raised about the position of the G.M.C. and the proposed annual registration fee was under scrutiny and review by Council.

It was suggested that an Index should be compiled of all reports and memoranda approved by Council. If such an Index were published in the *Journal* Supplement from time to time it would furnish a valuable reference in the future. The Secretary was asked to communication with the General Secretary about this suggestion.

The Secretary was instructed to write to the Department of Health expressing the concern of the Division, with especial reference to policy outlined in Sir George Godber's report 'On the State of the Public Health' (1968) which the Committee fully supported.

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The Committee agreed that in view of the uncertainty as to the future of the Division, membership of the Committee should not be altered at this time, although some members were due to retire. The Committee membership would be reviewed at the next meeting.

Reports from Dr. Donal Early and from Committee members gave the impression that steady improvement in psychiatric relationships had in general taken place in the South-Western Region. The Committee noted these reports with satisfaction and expressed their appreciation of the efforts of Dr. Early in the matter.

It was decided that the possibility of holding the next meeting of the Division at Knowle Hospital and the Wessex School of Psychiatry should be explored. It was also noted that no meeting of the Division had ever been held at Glenside Hospital.

The following candidates were elected unanimously to Ordinary Membership:

Brockbank, John Keith, B.A., B.M., B.Ch., Registrar, Littlemore Hospital, Oxford.
Proposed by Drs. F. J. Letemendia, P. J. A. Willems, F. Arroyave-Portela.

Burnfield, Alexander John, M.B., B.S., Senior House Officer, The Old Manor Hospital, Salisbury.
Proposed by Drs. R. W. Simpson, A. J. Galbraith, D. S. G. M. Bailey.

Datta, Asutosh, M.B., B.S., Medical Assistant, Knowle Group of Hospitals; 24 Spear Road, Portswood, Southampton.
Proposed by Drs. R. W. Simpson, D. S. G. M. Bailey, Margaret Lynch.

Evans, Lawrence Evan Jenkin, M.B., Ch.B., Trainee in Psychiatry, Royal Victoria Hospital, Netley.
Proposed by Drs. A. C. Hamer, G. G. Wallis, P. D. V. Gwinner.

Gordon, William Cleveland, M.B., Ch.B., D.P.M., Registrar, Moorhaven Hospital, Ivybridge, South Devon.
Proposed by Drs. F. E. Pilkington, J. M. Gilroy, R. Viswanathan.

Habashi, Michel Zaki, M.B., B.Ch., Assistant Psychiatrist, Tone Vale Hospital, Norton Fitzwarren, Taunton.
Proposed by Drs. Christine Emberson, B. K. Sreenarasimhaiah, F. A. Lakdawalls.

Morris, David John, M.B., Ch.B., Senior House Officer, Department of Mental Health, University of Bristol.
Proposed by Professor D. Russell Davis, Drs. F. J. Roberts, H. G. Morgan.

True, Rodney Charles, M.B., Ch.B., Registrar, Graylingwell Hospital, Chichester.
Proposed by Drs. J. D. Morrissey, J. Towers, J. P. Scrivener.

Papers and Discussion

Sleep Pattern and Mood Disorder in Normal Population

Dr. D. H. Yates introduced his survey of sleep disturbance with an historical review of the subject which ranged from Shakespeare's comments, through the classical views of Esquirol and Kraepelin, to much recent and contemporary work on the subject. He then presented the findings from an interviewer questionnaire in an epidemiological survey into the sleep pattern and mood habit of a random selection of a normal population, chosen from an electoral roll.

The questionnaire concerned the pattern of behaviour during the week prior to interview. There was a significant relationship between mood disorder and sleep interruption, which was present for all age decades, and for both sexes. A depressive mood was still present in half the cases when those declaring this were interviewed a year later. Where the mood disorder had disappeared, the sleep pattern had returned to normal.

Dr. Yates suggested that a sleep interruption was a good marker for the onset and duration of depressive symptoms.

In the ensuing discussion, Drs. Gilroy, Galbraith and Crow took part. An interesting observation which Dr. Yates brought forward was that studies in student suicide in America confirmed that sleep disturbance is always significant of future breakdown.

A Fully Integrated Psychogeriatric Service

Dr. J. F. Donovan, presenting his paper in collaboration with Dr. T. S. Wilson, Consultant Geriatrician, and Dr. Inge E. I. Williams, Medical Assistant in Psychogeriatrics, described the psychogeriatric services now being developed in Cornwall. To avoid misplacement, which may affect the patient's survival or his possibility of discharge from hospital, adequate assessment is paramount. This should be carried out initially at home, and if necessary in greater detail in the twenty–nine bedded Assessment Unit provided by the Regional Hospital Board. Thence patients are transferred to special residential Homes for mentally infirm old people (Local Authority), or to geriatric and psychogeriatric long-stay annexes (Regional Hospital Board).

Dr. Donovan outlined the statistical background of the provisions planned for the West Cornwall clinical area. A Day Hospital is attached to the Assessment Unit and plays an important part in rehabilitation; the details of the Local Authority residential Homes are of particular interest since experience suggests that the forty-seven residents—much greater

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than the recommended number—are, in fact, a group of suitable size. However, if a single unsuitable resident is introduced, the community may be greatly disturbed.

After considering the figures of the first year's work and follow-up, Dr. Donovan emphasized the importance of teamwork involving case conferences and ward rounds attended by nurses, social workers, mental health social workers, geriatrician and psychiatrist, and the need of full supporting services to reinforce the basic provisions. General treatment—the control of heart failure, correction of imbalance of body fluids and electrolytes, treatment of infective conditions, anaemias, vitamin and dietary deficiencies—may have a profound effect in alleviating behaviour disturbances.

The paper was concluded by interesting comparisons between the results in East Cornwall and West Cornwall, which showed a striking increase in the ultimate discharge rate from the psychogeriatric unit compared with the psychiatric hospital. From the figures available it was possible to estimate the requirements of a comprehensive service in such an area with a population of 280,000.

Many members took part in the discussion that followed. Night hospitals might be a development of the future. A small Assessment Unit near the patient's own home was preferred to a psychiatric or geriatric unit in a District General Hospital. In regard to the splitting effect of the Seebohm decisions, much will depend upon the same readiness to accept medical guidance in the future.

The vote of thanks to the speakers was proposed by Dr. Donal Early.

NORTHERN AND MIDLAND DIVISION

THE AUTUMN MEETING of the Northern and Midland Division was held at Deva Hospital, Chester, on Thursday, 16 October 1969, by kind permission of the Hospital Management Committee.

The business meeting followed a tour of inspection of the Hospital.

The following were elected to Ordinary Membership:

BANT, WENDY PAMELA, M.B., Ch.B., Senior House Officer, Whiteley Wood Clinic, Sheffield.
Proposed by Dr. C. P. Seager, Professor F. A. Jenner, Dr. W. L. Tonge.

BREMNER, ALAN, M.B., Ch.B., D.Obst.R.C.O.G., N.R.C.G.P., Principal in General Practice; 'Suilven', Adderley Road, Market Drayton, Shropshire.
Proposed by Drs. W. B. Spry, R. M. Phillips, J. A. Hutchinson.

GOODYEAR, PATRICIA ANN JUDY, M.B., Ch.B., Registrar, John Conolly Hospital, Birmingham.
Proposed by Drs. F. H. Taylor, G. E. Strang, D. W. Millard.

O'MELIA, JOHN, M.B., Ch.B., Registrar, St. John's Hospital, Lincoln.
Proposed by Drs. F. A. Bleaden, W. A. S. Falla, J. H. Price.

PITTOCK, SHEILA MARGARET WOOLER, M.B., Ch.B., D.P.M., Consultant Child Psychiatrist, Leicester; 23A Forest Rise, Kirby Muxloe, Leicester.
Proposed by Drs. G. F. Spaul, D. M. Carter, W. H. Newnham.

SALEH, SAMY AYAD, M.B., B.Ch., D.P.M., Senior House Officer, St. Matthew's Hospital, Burntwood, Walsall, Staffs.
Proposed by Drs. S. M. Hanna, J. F. Scott, G. H. Armitage.

SHAW, STEPHEN HIRST, M.B., Ch.B., Senior House Officer, St. James's Hospital, Leeds 9.
Proposed by Drs. J. M. Roberts, T. Kay, J. Wood.

SYMONDS, RICHARD LEONARD, M.B., Ch.B., Senior House Officer, All Saints' Hospital, Birmingham.
Proposed by Drs. M. H. Davies, F. S. Hashmi, N. W. Imlah.

TIMOTHY, JOHN IVOR, M.B., B.S., D.P.M., Consultant Psychiatrist, St. Matthew's Hospital, Burntwood, Walsall, Staffs.
Proposed by Drs. J. L. Clegg, M. R. Mirza, G. M. Hanna.

TOFT, MARIE MARJORIE, M.B., Ch.B., Medical Assistant in Psychiatry, St. Edward's Hospital, Cheddleton, Leek, Staffs.
Proposed by Drs. J. A. Hutchinson, T. Galla, W. B. Spry.

WULLENWEBER, BRUNO, M.B., B.S., Registrar, Prudhoe and Monkton Hospital, Prudhoe, Northumberland.
Proposed by Drs. I. A. Fraser, D. F. Macgregor, W. H. K. Carpenter.

Dr. R. Middlefell, Consultant Psychiatrist, Deva Hospital, read a paper entitled 'Preliminary Report on the Influence on Suggestibility of Methedrine and L.S.D.'. This paper was followed by full discussion and comment.

The afternoon session comprised three further papers, the first entitled 'Polymorphic Inheritance in Alcoholism' by Dr. R. P. Swinson, Lecturer, Department of Psychiatry, University of Liverpool, the second entitled 'A Biochemical Theory of Schizophrenia' by Dr. J. Price, Lecturer, Department of Psychiatry, University of Liverpool, and the third entitled 'Experience in a New Unit for Adolescent

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