



STUDY ON NEWER PSYCHIATRIC CASES VISITING OPD AFTER ONSET OF PANDEMIC COVID-19

Psychiatry

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ABSTRACT

Introduction : It is predicted by the experts that there will be a steep rise in the number of psychiatric cases post covid-19 pandemic. It is important to gauge the situation of mental health in population to be able to provide mental health services in a better way.

Objective: The aim of this study is to determine the impact of the pandemic and other factors contingent to the pandemic on the mental health status of general population.

Materials and method: The study was done over a period of 1 month after the lockdown. Study was done on 160 patients visiting Psychiatry OPD in Mental Hospital, Indore for the first time. Patients were diagnosed using International classification of diseases- 10th edition.

Results: In our study we found that a majority of 45 of the 160 patients were suffering from Major Depressive Disorder followed by 24 patients of 160 suffering from nonorganic unspecified psychosis.

Conclusion: It is important to assess the number of psychiatry patients visiting OPD to be able to cater to the needs of general population. It is also important to assess any role of psychosocial factors operating during pandemic being responsible for any rise in number of psychiatric cases.

KEYWORDS

INTRODUCTION:

Corona is a single stranded RNA virus which is known to be second leading cause of common cold [1,2,3]. Corona viruses belong to the Corona viridae family in the Nidovirales order. Corona virus is so named after the crown-like spikes on the outer surface of the virus structure [4]. Apart from its role in the common cold, the viruses of the same family like the Severe acute respiratory syndrome coronavirus SARS-CoV in 2003, Human corona virus HCoV NL63 in 2004, HKU1 in 2005, Middle east respiratory (MERS) in 2012, have shown their outbreaks and now the novel version of this virus has presented itself with unprecedented threat[5,6,7].

More challenging days are on the horizon for psychiatry. Indian government, despite all the best efforts, is not able to contain the number of Covid cases. The reaction of general population has come from frank "alarm" to gradual "acceptance". The current situation is perfect for rising public health burden due to psychiatric disorders [8,9]. The negative effects of pandemic on mental health are already well established. While stretching mental health services to the limit it is also reducing our ability to respond due to economic downturn. An economic recession, by itself, brings the risk of an increase in psychiatric disorders, homelessness, and suicide rates [10,11,12]. It is also expected that the rate of substance use disorders will surge [13,14]. This cascade of events makes it highly possible that the demand for mental health services will exceed the existing capacity of the system. Intermediate and long-term ramifications may even be more serious.

OBJECTIVE:

The purpose of this study is to determine the impact of pandemic and other factors contingent to pandemic on the mental health status of general population.

MATERIAL AND METHOD:

This is a descriptive study with sample size of 160 subjects. Number of newer cases visiting psychiatric OPD in Mental hospital have been taken for the study. Their diagnosis has been recorded along with the duration of illness. Study duration has been 1 month from 19th June to 19th July, after the lifting of lockdown. International classification of diseases – 10th edition has been used to diagnose the patients. The data was collected anonymously. Statistical analysis has been done using SPSS v23.

RESULTS

Table 1. Age Distribution

Age group	Frequency	Percent
<18	15	9.4
19-24	19	11.9
25-30	28	17.5

31-36	26	16.3
37-42	23	14.4
43-48	12	7.5
49-54	14	8.8
55-60	11	6.9
61-66	7	4.4
67-72	4	2.5
>72	1	.6
Total	160	100.0

Table 2. Sex Distribution

Sex	Frequency	Percent
	4	2.5
Female	73	45.6
Male	83	51.9
Total	160	100.0

Table 3. Prevalent Diagnosis During The 1 Month Study Period

	Frequency	Percent
Adjustment reaction	1	.6
ADS	5	3.1
ADS in withdrawal	1	.6
ADS with complicated Withdrawal	1	.6
ADS with psychosis NOS	1	.6
Alcohol induced psychosis	1	.6
ATPD	5	3.1
Benzodiazepine Dependence	2	1.3
BPAD	6	3.8
BPAD Depression	1	.6
BPAD Mania	3	1.9
Complex Partial Seizure	1	.6
Delirium	1	.6
Dementia	2	1.3
Epilepsy	1	.6
GAD	4	2.5
GTCS	5	3.1
ID	6	3.8
ID with behavioral Problems	1	.6
ID with GTCS	5	3.1
ID with polysubstance abuse	1	.6
ID with Seizure Disorder	1	.6
Illness Anxiety Disorder	1	.6
Inhalant Abuse	1	.6
Mania	3	1.9
MDD	45	28.1

MR	2	1.3
OCD	3	1.9
Organic Delirium	1	.6
Paranoid Schizophrenia	4	2.5
PDD	1	.6
Polysubstance Abuse	1	.6
Psychosis NOS	24	15.0
Schizophrenia	10	6.3
Somatic Syndrome	1	.6
Somatoform Disorder	2	1.3
Tobacco Dependence	1	.6
TTH	2	1.3
Vascular dementia	3	1.9
Total	160	100.0

DISCUSSION

We are living in times of crisis and there is too much burden on people around the world. The seriousness of the crisis can be surmised by just considering the state of various institutions from healthcare to economic establishments. Healthcare system is worst affected and healthcare workers are starting to experience burn-out. The current situation is perfect for rising public health burden due to psychiatric disorders

In our study we found that of the total 160 participants majority (28) belong to 25-30 years age group followed by 26 belonging to 31-36 years age group. 83 participants of the 160 participants were male while the remaining were female.

In our study we found that a majority of 45 of the 160 patients were suffering from MDD followed by 24 patients of 160 suffering from nonorganic unspecified psychosis. Of the 160 patients 57 of them had disease onset within 6-month period.

CONCLUSION

At the beginning of the covid-19, it was predicted by the mental health experts that there will be a sharp rise in number of psychiatric cases after the lockdown ends owing to the various psychosocial parameters in operation.

It is important to assess the number of psychiatry patients visiting OPD to be able to cater to the needs of general population. It is also important to assess any role of psychosocial factors operating during pandemic being responsible for any rise in number of psychiatric cases.

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