

these patients if they cannot be contained in the small-scale hospital units. Therefore the hospital is heavily burdened. Medical therapy methods are overemployed. Premature discharges are common in order to make available beds for new admissions.

The trainees most frequently see psychotic patients and their approach to other patients is heavily influenced by this experience. The training in the neurosis department, in which they are exposed to what they would probably see in their out-patient departments in the district hospitals, falls short of providing a broad experience in psychiatry.

Community psychiatry is virtually non-existent in Turkey and the concept of rehabilitation has hardly been comprehended. This leaves psychiatry with hospital-based treatment methods. There are no effective follow-up services for discharged patients who are lost if they do not come to the out-patient clinic.

Patients' needs and care are not taken into account after discharge. Funding has not been allocated for care systems outside hospital.

Training is based heavily on biological psychiatry and pharmacological therapy prevails. ECT is used widely in some hospital units, frequently for schizophrenia and a large spectrum of affective disorders. Psychotherapy is gradually becoming popular among younger trainees. Consequently, psychological treatment methods and training in them are highly demanded.

Turkish nurses are trained for general nursing purposes. Unfortunately, there is no psychiatric nursing school. This deprives the profession of an essential component.

Turkey has not yet developed a Mental Health Act. The Ministry recently circulated a draft Act but it may take some time to come into effect.

The hospital has recently founded a research ethics committee and clinical ethics have been gaining increasing importance.



Neurosis department, Bakirkoy Psychiatric Hospital

Turkish psychiatry is progressing towards contemporary psychiatric care. The need for modern psychiatric services has suddenly emerged at the same time as socio-cultural changes in society. The present services are not adequate and do not serve the target population. Reorganisation and restructuring of services towards community based mental health services might be much easier to achieve than in Western societies as the majority of the mentally ill already live in the community with their families due to lack of residential care units. However, present health care policies fail to take account of this important issue.

## References

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## Invitation for articles from overseas

We invite Members of the College outside the UK and Ireland to submit articles for consideration for publication in the *Psychiatric Bulletin*. We are particularly interested to learn about developments in psychiatric care in their countries,

or localities, or learning about the particular pleasures or challenges of practising psychiatry where they work.

ALAN KERR, *Editor, Psychiatric Bulletin*