

Minimum Standards for Mental Health Establishments

(See Central Regulation 5)
[U/S 122.2.e with 65 (4) (a)]

The following shall be the minimum standards for registration of mental health establishments under all categories:

Standard 1. The premises shall be well maintained and kept in good livable condition.

Criteria

- a. Concrete structure, strong enough to withstand heavy rains and moderate natural calamities
- b. Seepage free, functional windows and doors
- c. Lift with generator backup for areas above 4th floor
- d. Sufficient ventilation and natural light
- e. Sufficient illumination after sunset, good enough for reading without causing strain to the eyes
- f. Illuminated passages leading to toilets and emergency exits during the night
- g. Inverters for emergency lights during power failures and load shedding
- h. Periodic painting of doors, windows and walls, internal and external

Standard 2. The living conditions shall be comfortable.

Criteria

- a. Separate cots with mattresses, pillows, bed sheets, drawer sheets and blankets in winter.
- b. Provision of mosquito repellants or control measures in sleeping areas.
- c. Ratio of fans to beds, not less than 1:5
- d. Minimum two exits where the number of beds in a dormitory is more than 12.
- e. No sleeping cots in passages, verandas, under staircase or anywhere else except dorms/rooms
- f. Hot water for bath during winter months.

Standard 3. Hygiene, cleanliness and sanitation shall be maintained.

Criteria

- a. Daily sweeping, swabbing and dusting of the entire premises.
- b. Sanitation maintained in all the areas including toilets and bathrooms using disinfectants.
- c. Number of toilets is not less than in the ratio of 1:5 and bathrooms not less than in the ratio of 1:10. There shall be separate toilets and bathrooms for male and female inpatients.
- d. Number of wash basins not less than 1:12 outside the toilets/bath rooms and in the dining area.
- e. Twenty four hour availability of water in wash basins, bathrooms and toilets.

- f. Weekly change of bed linen
- g. Washing of soiled linen in a clean and hygienic environment.
- h. Periodic pest control treatment and premises especially kitchen free of cockroaches and rodents.
- i. Rubbish bins in rubbish generating areas and daily disposal of rubbish.
- j. Washing and drying of plates, dishes and cutlery used for eating, cooking vessels and other soiled vessels/containers

Standard 4. Wholesome, sumptuous and nutritive food and potable drinking water shall be provided in comfortable settings.

Criteria

- a. Well cooked, fresh, hot and hygienic food, appropriate to local food habits.
Without any restriction on quantities of the food served
- b. Food shall be served on chair and table
- c. No adulteration and no contamination in provisions and food.
- d. Special meals served to those advised for patients having physical illness
- e. Breakfast, afternoon tea and two meals served at proper timings.
- f. Menu changed daily and the same items other than cereals are not repeated on the same day or next.
- g. Filtered cold water provided in summers and filtered room temperature water rest of the year.

Standard 5. Facilities shall be provided for social, cultural, leisure and recreational activities.

Criteria

- a. Entertainment programmes, socials and excursions for inpatients.
- b. Furnished visitors' room for families coming to meet the inpatients.
- c. Facilities to inpatients for internal and external communications and freedom to receive visitors, use mobiles, send and receive mails and use any other conventional mode to communicate
- d. Furlough to inpatients to attend weddings, funerals, other important family engagements

Standard 6. Adequate Health Professionals shall be employed to provide proper treatment.

Criteria

- a. Inpatients seen on a regular basis by a mental health professional.
- b. A medical officer will be available on call 24 hrs. to meet the emergencies
- c. Trained manpower in mental health will be made available to provide mental health services
- d. Manpower resources requirement will be specified by the respective government as per the availability of local resources

Standard 7. Other Medical and Para-Medical Staff shall be engaged as per specified requirements.

Criteria

- a. Regular visits by a qualified medical practitioner, as per the norms fixed by the state government, for checkup and treatment
- b. Tie up with a local hospital for admitting patients in case of need.
- c. Mental health nurses engaged for shift duty in conformity with the Indian Nursing Council Norms 1985.
- d. Minimum 12th pass, multipurpose workers employed, one for every 10 beds or part thereof.

Standard 8. The premises shall have adequate floor space available.

Criteria

- a. Separate wards for mentally ill female inpatients and mentally ill male inpatients.
- b. Minimum distance between two beds not less than 1 meter and the space at head end not less than 0.25 meter.
- c. Door width minimum 1.2 meters and minimum corridor width 2.5 meters.
- d. Ward bed and surrounding space not less than 6 sqm/ bed.
- e. Kitchen/dining area and toilet/bath block not in proximity.
- f. Common room has TV, newspapers, magazines and indoor games. The chairs provided is 1:4 ratio.
- g. OPD has, sitting arrangements for patients and accompanying family members, registration, help and cash counter(s), drinking water facilities and separate toilets for males and females.

Standard 9. Equipment and articles shall be procured and used for inpatients as per requirements.

Criteria

- a. Medical equipment and instruments, commensurate with the scope of services and the number of beds.
- b. Equipment and inventory kept in a good usable condition.
- c. Sufficient sets of basic equipment consisting of blood pressure apparatus, stethoscope, weighing machine, thermometer etc.
- d. Anesthesia equipment for ECT.
- e. Oxygen cylinders with flow meter.
- f. Sufficient stock of drugs, medical devices and consumables.
- g. First aid box with standard contents; a daily check done for replenishments.
- h. An examination table with foot step.

Standard 10. OPD facilities shall be provided for the treatment of persons with mental illness as out-patients.

Criteria

- a. Facilities for treating mentally ill out-patients morning and afternoon, six days a week.

- b. Out-patients provided consultation by one or more mental health professionals.
- c. Registration/help desks and billing counters managed by local language speaking staff.
- d. Prescriptions containing names of the patients, dates, names of medication, dosages, frequency, duration, name, signature and registration number of the psychiatrist in legible writing
- e. Billing done as per the tariff fixed available to patients and their families to see.
- f. Arrangements for potable drinking water.
- g. Separate toilets for men and women.

Standard 11. There shall be no torture, cruelty, inhuman and degrading treatment, punishment, exploitation, violence, negligence and abuse of patients.

Criteria

- a. No verbal, physical, sexual or mental abuse by the staff or others.
- b. No insistence on inpatients wearing uniform.
- c. No compulsion to tonsuring or cropping of hair.
- d. No compulsion to perform non personal work; any such work given with consent, suitable remuneration paid.
- e. No regimentation in regard to sleeping hours.
- f. Safe injection practices followed as per WHO guidelines.

Standard 12. Alternate methods shall be used in place of seclusion and restraint to de-escalate crises situations.

Criteria

- a. No chaining or roping of patients.
- b. No seclusion and no solitary confinement
- c. Chemical and physical restrains used only to prevent inpatients from hurting themselves or others, with the permission of the head of the facility and the circumstances recorded in a separate register kept for this purpose.
- d. Nursing Staff trained to use de-escalation techniques to prevent patients from harming themselves and others.

Standard 13. Privacy, dignity, safety and security of patients especially of women and their confidentiality shall be protected.

Criteria

- a. No discrimination based on sex, colour, creed and economic condition or on any other ground and no admission or treatment denied for any such consideration.
- b. Reasonable freedom and facility for pursuing religious beliefs.
- c. Freedom to meet or refuse to meet the visitors.
- d. Separate toilets for men and women and Sign boards displaying 'For men only' and 'For women only' in local language.
- e. Any examination or treatment of female patients done in the presence of a female attendant/female nursing staff, if conducted by male medical staff inside the

hospital and vice versa.

- f. Independent lockers provided to patients to keep their personal belongings.
- g. Patients with suicidal tendency allotted a bed in a room with wall fans and without any sharp instrument or article which can be used for self-injury.
- h. All windows with grills fixed.
- i. Necessary procedures exist to meet fire and non-fire emergencies and safe exit of inpatients and others.
- j. Appropriate display of directional fire exit signage, minimum in two languages, one of which is local.
- k. All fire safety measures taken including fire prevention, detection, mitigation, evacuation, containment and mock drills.
- l. Firefighting equipment periodically inspected, chemicals replenished and kept in usable condition.
- m. Patients' case histories and records preserved and kept confidential.