

Historical Article

“Helwaan Hospital for Mental Health”

- In 1965, late president “Nasser” had suggested to establish a new hospital for mental illnesses at the desert of Helwaan. outside the over crowded places of Cairo. Helwaan was chosen because of its good air and to provide mental health services to the large industrial population over there.
- On Sunday 7th of June 1981, the presence of late president “Sadat” among a distinguished authority men including Prof. Mamdouh Gabr (former minister of health) had supported the first day of its work..
- The hospital design which is similar to but bigger than that of El Maamourah hospital for mental health at Alexandria occupied 40 Egyptian Acres. Part of the area was transected to the not yet finished Helwaan governmental Medical building.
- At its establishment, the inpatient department capacity was 600 beds, beside what was daily received by the outpatient department.
- The inpatient department included 6 units. One closed unit serving freely the excited and dangerous male patients, another male unit (paid economy class, with superlux, lux and regular second class rooms), two other free units for ladies, a unit for geriatrics, and an economy class unit for ladies. Treatment of addicts was provided in a unit which is not present anymore but is under reconstruction. The hospital also comprises a well - developed unit for occupational therapy for both men and ladies.
- Attached to the hospital is a school for male psychiatric nursing.
- The hospital now is under a particular supervision of secretariat general of Mental Health (general secretary is Prof. M. Ghanem, Prof. of psychological medicine. Ain Shams Univ.), that is under direct care by H.E. the minister of health and population.
- Many highly experienced psychiatrists functioned as general managers of the hospital. Although the exact period of their efforts is not available at the time of writing the article, they started by Dr. Farag Amin, followed by Dr. Mokhatr Ali Gaddallah, Dr. Baheig Hana Abdul-Shaheed, Dr. Samier Hassan Hosni, Dr. Nabila Mohamed Fahmy, then Dr. S.H. Hosni, Dr. Abdul – Ghafaar Alaam, then Mostafa Fahmy, Dr. Ahmed Gehaad, Dr. Ahrned Maraee, Dr. Sayed Hussien El Gharabawi, and Dr. Mostafa Fahmy at the current time period.
- Nowadays, the process of reconstruction goes slowly but sure according to a plan. The number of beds that has been restricted to 350 beds, will be supplemented

by other 120 and then other 60 beds hoping to be in service within the coming months.

Please, VISIT and SUPPORT “Helwaan Mental Hospital”.

N.B. This historical article was received on 10 March 2003 by **Dr. S. Y. Suliman** under the supervision of **Dr. M. Fahmy** the general manager of the hospital. Thanks for them.

Pearls Quotations

This part of EJP is a tool written in our mother tongue “Arabic language” to accomplish a number of goals of enriching public education, helping proper translation of research articles, writing reports, over coming misuse of terms used by mental health professionals in their interaction with one another and with their patients and families, and also may be of value to those interested in this magnificent, and highly-rich language. In this issue, words starting with letter “A” will be provided, followed by others in next issues. Your comments and suggestions are appreciated.

Abreaction	مغيس
Abstinence	امتناع (كف)
Abstraction (ع)	
Abuse	إفراط
Acting out (معاودة)	فعل زللي (تحقيق)
Adolescent	يافع (مراهق)
Adult	كهل (بالغ)
Adulterant	
Affective	شائية
Agnesis	اجناسيس (عاطفي)
Agitation	لا تعلق (لا تكون)
Agitated	هياج
Agnosia	هانج
	عمه (لا ادريه)
Agraphia	لا كتابية
Aggression	عدوانية (هجومية)
Aid	عون
Area	ساحة (ج. ساحات)
Adjustment	إحكام (تكيف)
Akathesia	لا قعورية
Akinesia	لا حركة (تعذر الحركة)