

## THE HISTORY OF PSYCHIATRY IN HRADEC KRÁLOVÉ

*Herbert Hanuš, Vladimír Panoušek, Ivan Tůma*

Assoc. Prof. H. Hanuš (\*1934)



MUDr. I. Tůma (\*1952)



PhDr. V. Panoušek (\*1936)

Before the establishment of Charles University Faculty of Medicine in Hradec Králové there was no bed ward for psychiatric patients in our town. They were sent to the State Psychiatric Hospital in Bohnice, and since 1928 to the State Psychiatric Hospital in Německý Brod (Havlíčkův Brod now).

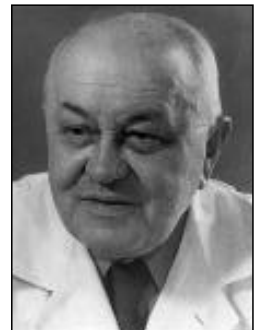
In Hradec Králové the well-known physician MUDr. Leopold Batěk was taking care of psychiatric patients from the beginning of the 20 th century to the end of the 1920's. From the notes preserved for his public lectures we can guess that one of the key problems of the psychiatry of that time was the protection of the patient in domestic milieu from an attempt of suicide. In case the mentally ill patient was to be hospitalized, he had to be transferred to a psychiatric hospital. MUDr. Batěk's activity was since 1928 followed up by another outstanding physician MUDr. Stanislav Němeček, a specialist of internal and nervous diseases. He was occupied with the treatment of neuroses and managed the technique of hypnotism. Another neurologist interested in psychiatry before the Second World War was MUDr. Mazačová - Procházková, the widowed wife of Professor of Psychiatry in Brno. Though after coming to Hradec Králové she was engaged rather in organic neurology and the cooperation with the surgeon Bedrna, she was very much interested in psychiatry and proved her unique intuition in the diagnoses of mental disorders later.

The Department of Psychiatry of the Teaching Hospital in Hradec Králové was established on the end of the 1945. On the base of the proposal of the Professors Staff of the Charles University Faculty of Medicine from August 1945 Associate Professor MUDr. Stanislav Krákora, a disciple of Professor Mysliveček, was entrusted. The Department of Psychiatry was built up as a completely new institution. In the meeting of the Professors Staff of Medical Faculty on

January 24 th 1946 as a provisional arrangement a building was appropriated to it where the Department of Neurology was placed so far. In February 1946 the lectures on psychiatry were opened with a course for rigorosants, in the summer term 1946 there were regular lectures with demonstration of outpatients and those of the first beds afforded by the Head of the Department of

Neurology, Professor MUDr. Václav Piřha. Later on psychiatric patients were admitted to the bed ward established on the ground floor of the building of the Department of Infectious Diseases.

Professor Krákora had been of service in the Army as a medical student in the First World War, since 1919 he was working at the Department of Neurology and Psychiatry built up by Professor Mysliveček in Bratislava. Being obliged to leave Slovakia he was working during the Second World War in an outpatient psychiatric clinic. He came to Hradec Králové in 1945 and was nominated as Professor in 1946. Professor Krákora was the Head of the Department as a Colonel - professional soldier when Faculty of Medicine in Hradec Králové had been appointed as Military



Professor S. Krákora (1892-1959)

Medical Academy in 1951. He was a careful medical doctor, a patient teacher and a unique authority in forensic psychiatry. He concentrated himself to the psychical manifestations of organic and degenerative diseases. He was a pioneer in psychoendocrinology as proved in his habilitation paper „Endocrine Secretion and Mental Diseases“ published in 1931 (8). In 1947 Krákora published his paper „General Practitioner and Psychiatry“ (9), in 1956 he was the leader of the author's team working out textbook of psychiatry edited by Military Medical Academy in 1956 (10). When the School of Medicine had been changed into a civilian Faculty of Medicine in 1953 again, Professor Krákora was working for a short time only. He died in July 1959.



*Assoc. Prof. V. Pelikán (1916-1980, sitting)  
and Assoc. Prof. J. Bílý (1925-1987)*

During Professor Krákora's work the Department of Psychiatry had a locked ward for male patients and a unlocked one for female and male patients as well. Beside a comprehensive outpatient services the outpatient clinic for substance - related disorders and children psychiatry clinic were already run.

Associate Professor MUDr. Vilém Pelikán, CSc. became Professor Krákora's successor. He had gotten psychiatric experience at the Department of Neurology in Plzeň as well at the Neuro - psychiatric ward of the Military Hospital in Plzeň which he had established. He passed to the Department of Psychiatry of Military Medical Academy in Hradec Králové in 1954 and was appointed as the Head of the Department in 1959. Assoc. Professor Pelikán was an outstanding specialist in the research and rehabilitation of aphasic disorders. His monograph „The Pathogenesis of Aphasia“ in 1970 was dedicated to this problem (11). Pelikán was specially intent on the neurological - psychiatric border, being a much sought for expert in forensic psychiatry and an initiator of Conferences of Forensic Psychiatry in Hradec Králové. At the occasion of this conference on 13.05.1960 the sexuologists led by Associate Professor MUDr. Kurt Freund met the psychiatrists and the lawyers and following a discussion a proposal for the abolition of the punishability of homosexuality was suggested.

Associate Professor Pelikán took part in building-up a network of psychiatric departments in the hospitals in East Bohemia region and thus followed up the heritage of Professor Heveroch, being interested as one of the first Czechoslovak psychiatrists in the relation of cybernetics to neurosciences.

Because of his artless and democratic opinion Associate Professor Pelikán's scientific career was violently interrupted at the beginning of the „normalization“ period in 1972. Pelikán passed to the State Psychiatric Hospital in Havlíčkův Brod. He died in 1980. All of us that have known him shall always remember his uncommon and kind character. During Pelikán's activity another provisory annex

was added to the low provisory building where a locked female ward and a unlocked one, later on a day hospital were opened. Thus the situation was significantly improved when all agitated or suicidal female patients had not any more to be sent to psychiatric hospitals.

The care of outpatients was developed too. Beside all outpatient clinics mentioned above the activity of the EEG lab was continued. In 1967 a outpatient clinic for affective disorders was established where the lithium thymoprophylaxis was used.

In 1972 Associate Professor, later on Professor MUDr. Miroslav Zapletálek, DrSc., was appointed as a Head of the Department. He passed from the Department of Psychiatry in Olomouc and was considered to be an outstanding specialist in psychopharmacology. He studied the problems of ions in mental disorders and the activity of the vegetative nervous system. In 1976 his monograph was dedicated to the theme mentioned (16). The part in his research, especially in psychopharmacology he developed in Hradec Králové so that the clinic began to play a significant part in the psychopharmacological research in former Czechoslovakia.

The Department was enlarged with a ward for the treatment of alcohol addiction established in a manor-house in Podlesí during Zapletálek's activity. In the ward containing 30 male beds a psychotherapeutic regime was kept and the biological treatment was made use of, too. The therapeutic results of the above ward were thanks to PhDr. Miloslav Pleskač among the best in the country. The ward was being kept from 1988 to 1991 when it was closed due to restitutional and economic reasons. However, the spirit of the ward went on surviving in the AP-Club which is an association of former abstinent patients of the ward.

At the time when Professor Zapletálek was the Head of the Department a sexuological outpatient clinic was established which has been led by MUDr. Jan Zbytovský for many years. At the period mentioned some significant papers were written. The monograph by MUDr. Hanuš in which the experience of many years with the lithium thymoprophylaxis was elaborated and where he tried to determine the prognostic factors of thymoprophylaxis in 1984 (2) belongs to this papers. In that year the first paper dealing with the antisuicidal influence of lithium was published (3). The authors from department published in 1980 the first paper concerning the problem that clozapine can be an addictive drug (12). In 1983 MUDr. Tůma, CSc. et al. elaborated an original study dealing with the cerebral atrophy in schizophrenic patients (17). Two years later he published a paper concerning the problems of the immunology of schizophrenia (18). In 1990 Associate Professor MUDr. Herbert Hanuš, CSc. was appointed as the Head of the Chair of Psychiatry and the Head of Department of Psychiatry on the base of a competition.

Professor Zapletálek was working at the clinic until 1993 then he passed to private practice.

The Department of Psychiatry carries out the instruction of psychiatry for the students of the fourth and fifth classes of the general course, the instruction of medical psychology

for the third class of the general course and the instruction of psychiatry for the fourth class of the stomatological course. In the last years not compulsory subjects, as medical sexology, psychotherapy and medical ethics were lectured. In the school -years 1994-1995 an instruction of the foreign students in English was started. The Department of Psychiatry is still working under very unfit space conditions but the number of the teachers is considered to be sufficient so that a practical instruction for small groups of medical students can be carried out with the aid of video-records. We considered the official nation-wide textbooks from the beginning of the eighties to be out of date already. We therefore tried to bridge over that gap by writing the textbook „Chapters of Psychiatry“ in 1992 (4), then „Chapters of Medical Psychology in 1994 (5) and „Comprehensive Psychiatry“ in 1997 (7). At present textbook concerning clinical psychiatry are being prepared. A special literature in English is at our disposal for the instruction of foreign students.

Five psychiatrists are carrying out postgradual training at the Department. University teachers of our Department are taking part in the instruction of bachelor study of nursing, some of them are lecturing at the Pedagogical Faculty.

The research tasks of our Department are directed at psychopharmacology. Within the frame of postgradual training The Comparative study of Three Antidepressants was conducted with a pharmaco-economic evaluation which was awarded with the Scientific Prize by American Psychiatric Association and of Czech Psychiatric Society at the opportunity of its first congress in 1996 (MUDr. Hosák, MUDr. Tůma, CSc). Another study deals with the effectivity of two antidepressants in obsessive compulsive syndrome (MUDr. Pidrman, MUDr. Tůma, CSc.). MUDr. Libigerová took part in an international study concerning the genetics of bipolar affective disorder with the Professors Grof (Canada), Zvolský (Czech Republic) and others.

In other papers Alzheimer's disease, the psychological problems of patients suffering from addictive disorders and a long-time treatment of sexual paraphilias are under study. A Number of studies deals with the clinical testing of new drugs in mental disorders.

A professional level of medical doctors and clinical psychologists has been developed. They take an active part in clinical seminars three times in a month as well as in the regional ones which take place twice a year. Many of them take a systematical postgradual training in psychotherapy. Within the frame of taking part in conferences and congresses they visited the US, Austria, Denmark, Hungary, Italy and the Netherlands in 1997. A research stay of MUDr. Ladislav Hosák in New York University in 1997 contributed to an increase of the professional skills, too.

There are 66 beds in the Department of Psychiatry of the Teaching Hospital in Hradec Králové. Both the inpatients and the outpatients are treated by the most modern biological methods including the bright light therapy as well as by the psychotherapeutic methods including confined psychotherapeutic groups or the dancing therapy. Not only

the work-therapy and art-therapy, but also common walks outside the area of the hospital as well other activities are considered to be very important. Psychoeducation of schizophrenic patients and members of their families is provided within the frame of „Prelapse“ project.

On December the 1st, 1996 there was a very significant event for the department : the first inpatient unit for the patients suffering from addictive diseases were opened in Nechanice (15 km from Hradec Králové). In the course of the next months the beds were extended to a number of 29, for the year 1998 is planned 50 beds. Except male patients the female ones are hospitalized. The work of the hospital mentioned takes up -as to the contents and the personal respect - that of the treatment of drug addictions in Podlesí. MUDr. Jiří Čížek is a Chief of this unit. Thus the Teaching Hospital has been at least partially prepared to catch up the proceeding explosion of the abuse of addictive drugs. Their occurrence increased among the hospitalized male patients by 700% by 1986 to 1997. For the part of care as well as for ensuring the intensive care of psychotic patients a unit of intensive psychiatric care and a unit for detoxication of addicted patients would have to be established.. The plan mentioned is unfortunately in project only because of the lack of financial resources.

Six outpatient clinics continue to work - that is a comprehensive outpatient department, a clinic for children and adolescents, an outpatient clinic for the treatment of drug abusers and alcoholics, another one for the treatment of affective disorders as well as one for the University students and a sexological outpatient clinic.

A total of 13899 patients was examined in all of the outpatient clinics in the last year (1997). 929 patients were hospitalized in the inpatient wards including Nechanice in 1997.

A long time and one of the most important problems of the department is a bad technical condition of the buildings, missing the children s and adolescent inpatient unit and a intensive psychiatric care unit. A certain hope appeared us in 1996 when the hospital for addictive disorders was opened. However, the bad space conditions of the Department of Psychiatry as well as the unfavorable technical facilities have been a considerable obstacle for us to carry out the teaching duties.

We are very pleased to be informed by the management of the Teaching Hospital that before long an actual solution would be possible. Even under present conditions we try to further develop a complex psychiatric care which ought to be full of understanding and humanitarian respect. We aim at instructing our students in supporting all of the principles mentioned, too.

For more than fifty years a number of medical doctors have been working at our Department so that the summary would include tens of their names. Let us remember at least those that have played the most significant role in the history of the Department and of Czech psychiatry as well. From Krákora's era they were: MUDr. Oldřich Bureš, later on a Head physician and one of the initiators of the modernization of the State Psychiatric Hospital in Havlíčkův

Brod, MUDr. Svatopluk Stuchlík, another outstanding psychiatrist and significant organizer of forensic psychiatry, later on the head physician of the Department of Psychiatry in Pardubice, and finally MUDr. Vladimír Vojtík, a distinguished Czech childpsychiatrist, later on the Head of Children's Psychiatric Hospital in Opařany. Ineffaceably the name of Associate Professor MUDr. Jiří Bílý, CSc., a precise scientist and a musician and angler in his private life, has been entered in the history of the Department and Czech psychiatry. His scientific work on catatonic stupor in 1963 belonged to his most outstanding papers which Bílý modeled as a paroxysmal inhibition in animals (1). The paper by MUDr. Jiří Rigel, an outstanding psychiatrist, psychotherapist and writer, dealing with a case of Jacob - Creutzfeldt presenile dementia, published with MUDr. Stanislav Němeček in 1957 (13) belonged to the most important papers. One of his popularly scientific work - his book „Personality and neurotic difficulties“ edited in Slovakia in 1974 was of interest (14). MUDr. Václav Šklíba, a careful psychiatrist, became the first head of the psychiatric ward in Nové Msto nad Metují. An outstanding work was done at our department by MUDr. Jarmila Poláčková, MUDr. Olga Preiningerová and MUDr. Marie Hametová. We often remember head physician MUDr. Sáva Pazdírek, a prematurely deceased long-time worker of the clinic. The present psychiatrists working in the city outpatient clinics - MUDr. Jaroslava Hrubecová, MUDr. Tomáš Hübsch, MUDr. Helena Pavlová and MUDr. Hana Sádlová are former workers of the Department. Professor of the Third Faculty of Medicine, Charles University in Prague, MUDr. Jan Libiger, CSc., left the Department in 1992.

The magazine SCAN inseparably belongs to the recent history of psychiatry in Hradec Králové, too. Though edited since eight years by the Teaching Hospital and the Charles University Faculty of Medicine it also belongs to our psychiatry at least because of the fact that its leading editor PhDr. Vladimír Panoušek has been a clinical psychologist of the Department of Psychiatry for many years and that a number of our co-workers psychiatrists contribute to it. The present paper is taking up again an analogous communication published in SCAN in 1995 (6).

The Department of Psychiatry is also engaged in the Medical Ethics taught for Czech as well as foreign students. Medical Ethics is also engaged with the lectures for the students of postgradual training and other public lectures and scientific papers, for example by MUDr. Ivan Tůma and MUDr. Herbert Hanuš in 1994 (15). The Head of the department is also a chairman of the Ethics Committee of the Teaching Hospital, of the Charles University Faculty of Medicine and of Military Medical Academy.

Mental diseases are as old as mankind itself. The history of psychiatry as a modern medical branch is old a few tens of years only. Except many whiles of powerlessness and hundreds of questions which often did not let us in sleep we have also remembered a lot of exceedingly joyous hours (whiles) when we were witnesses that a human soul was returning to the reality of life. Psychiatry will always be

an everlasting search for the biological determinants of mental disorders as well as for the multiform truths about human soul. Just for this reason one must like psychiatry.

## References

1. Bílý J. The problem of pathophysiology of catatonic stupor (in Czech). Sb Ved Pr Lek Fak Karlovy Univerzity Hradec Králové 1963;6(Suppl. 6):225-45.
2. Hanuš H, Zapletálek M. The prophylactic lithium treatment of affective disorders and a possibilities of the outcome prediction. Sb Ved Pr Lek Fak Karlovy Univerzity Hradec Králové 1984;27:3-75.
3. Hanuš H, Zapletálek M. Suicidal activity of patients with affective disorders in the course of lithium prophylaxis (in Czech) *Cesk Psychiatr* 1984;80:97-100.
4. Hanuš H et al. Chapters of psychiatry (in Czech). Praha:Karolinum, 1992:50.
5. Hanuš H et al. Chapters of medical psychology (in Czech). Praha:Karolinum, 1994:125.
6. Hanuš H, Panoušek V. Departments are introducing. *Department of Psychiatry (in Czech)*. SCAN 1995;5:10-3 .
7. Hanuš H et al. Comprehensive psychiatry (in Czech). Praha:Karolinum, 1997:183.
8. Krákora S. The endocrine secretion and mental diseases (in Czech). *Revue v neurologii a psychiatrii* 1931;28:152-63.
9. Krákora S. General practitioner and psychiatry. *Královéhradecké lékařské spisy* 1947;1:91-102.
10. Krákora S. Comprehensive psychiatry (in Czech). Hradec Králové: Vojenská lékařská akademie, 1956:196.
11. Pelikán V. The pathogenesis of aphasia (in Czech). Praha: Avicenum, zdravotnické nakladatelství, 1970:208.
12. Preiningerová O, Hanuš H, Zapletálek M. Is Clozapin an addictive drug ? (in German). *Agressologie* 1980;21:19-22.
13. Rigel J, Němeček S. A case of Jacob-Creutzfeldt presenile dementia (in Czech). *Cesk Psychiatr* 1957;53:353-8.
14. Rigel J. The personality and the neurotic difficulties (in Slovak). Martin:Osveta, 1974:128.
15. Tůma I, Hanuš H. Ethics in clinical research (in Czech). *Lek Zpr LFUK Hradec Králové* 1994;39:181-9.
16. Zapletálek M. Disorders of the autonomic nervous system and their examination in psychiatric patients (in Czech). Sb Ved Pr Lek Fak Karlovy Univerzity Hradec Králové 1976;19 (Suppl. 1):123-210.
17. Zapletálek M, Tůma I, Kudrnová K, Černocho Z, Hubert J. Cerebral atrophy in schizophrenic patients - clinical and scannographical study (in Czech). *Cesk Psychiatr* 1983;81:43-5
18. Zapletálek M, Tůma I, Fixa B, Kudrnová K. Toward the problems of immunology in schizophrenia (in Czech). *Cesk Psychiatr* 1985;81:43-5.

*Doc. MUDr. Herbert Hanuš, CSc.,  
Department of Psychiatry,  
Charles University, Faculty of Medicine,  
500 05 Hradec Králové,  
Czech Republic.*