



SOUTH-WEST
UNIVERSITY
·NEOFIT RILSKY·
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PSYCHIATRIC CARE IN HADRAMOUT (YEMEN)

Omer M Bameer
South West University-Blagoevgrad

Introduction:

Psychiatric Care is a concept consists of strengthening psychiatric care which consists of procedures to guarantee better psychiatric care for person, prevent and struggle psychotic, and observing psycho-social factors in health care. So it should not be taken that Psychiatric Care is limited only in curing psychiatric diseases, but also exceeds to prevent the person from these diseases, and to keep his psychiatric harmony with the community-Psychiatric Care in Hadhramout Governorate:

First concepts of psychiatric care in Hadhramout were in 1981, when first specialized psychiatric team came from AL-Salam Sanitarium in Aden. This team was coming for therapeutic sessions for two weeks, during which they were paying visits to governorate's hospitals to offers therapy for psychiatric patients and training local doctors to continue following these patients. This job had positive role in starting psychiatric care services in the governorate.

The range of psychiatric and neurosis disease in the governorate:

From this definition, in which we rely on figures from Statistics Section at AL-Mukalla Hospital and which showed warnings and expectations about the psychiatric care, we found the following figures:

Figure (1) Number of Psychosis and Neurosis Disorders at AL-Mukalla Hospital

From 92-97

Year	New Cases			Old Cases		
	Males	Females	Total	Males	Females	Total
1992	Not known	Not known	327	Not known	Not known	1052
1993	Not known	Not known	308	Not known	Not known	1781
1994	267	181	448	1423	653	2076
1995	364	216	580	1581	862	2443
1996	204	138	342	2176	1360	3536
1997	296	193	489	1584	1113	2897

Figure (2) Percentage of Patients according to Sex

Sex	Total Number	%
Males	1131	60.84
Females	728	39.16

Figure (3) Percentage of Patients according to Age

Age	%
Under 16v.o	16.3
Over 16 v.o	83.7

The results of the statistics:

- 1) It is obvious from the statistics that there is increment in the range of psychiatric diseases during the years from 92-97 (Figure 1)
- 2) Males have the biggest share from this range 60.84%, while females represent 39.16% (Figure 2)
- 3) It found that a high percentage from psychiatric diseases 83.7% is among people over 16 from both sexes. This considers effective factor on the producing capacity of the community, and affects the family future, and increases the percentage of disease susceptibility among coming generations. While psychiatric and neurosis disease among children under 16 is 16.3% (Figure 3)
- 4) It is noted that there is a high percentage of psychiatric and neurosis diseases in 1994. This is due to what is known as "results of after 94 war pressure disorders" (Figure 1)
- 5) The neurotic disorders (phobia, depression, anxiety) are the most common psychiatric diseases, as they take the first place; on the second place are the psychotic disorders (schizophrenia), on the third place epilepsy, on the fourth place personality disorders, and on the fifth place oligophrenia.
- 6) We should note that these figures are related to the psychiatric and neurotic cases registered only at the Psychiatric Clinic at AL-Mukalla Hospital, while there are many cases having therapy at the other psychiatric clinics or general medicine clinics. That is why we cannot say that these figures show all psychiatric and neurotic cases in Hadramout -. Because many cases are still imprisoned in houses, others chained, another group prefers to have treatment at jugglers'- others afraid of entering psychiatric sections because they are afraid of being disgraced by the psychiatric disease, and so on. The hidden and unknown part of the problem is bigger than the figures show.

Difficulties in therapeutic facilities:

Psychiatric care in Hadramout suffers from high weakness in the level of therapeutic facilities in all kinds of psychiatric diseases. In 97, where the number of patients was around 2434, there were only 2 psychiatrists, 2 psychologists and 2 nurses. Now there is only one psychiatrist working at the clinic, and there is no bed for the patients. What is offered from the modest services is limited for the patients at the psychiatric clinic in Mukalla. The mobile psychiatric team stopped its activities in helping patients in neighboring governorates. Beside this, it suffers from the lack of medicines for long-time psychiatric and neurotic diseases. On the other hand, the preventive side is still neglected. If we can cure soon the simple psychiatric disorders of children, then we will be able to overcome many disorders that could happen later.

Assisting factors in establishing psychiatric care:

1. Control Environmental Factors:

Environmental, especially social factors affect psychiatric health. So providing these factors, which help in psychiatric stability for person in the

community (such as providing job opportunities according to each one's capabilities and qualifications, insuring social impartiality, and improving work conditions), has a great importance.

2. Paying attention for Corporeality Health:

Health Institutions pay obvious attention for corporeality health. The most important thing that these institutions do is alleviate the diffusion of some infectious diseases like: Malarial, Venereal diseases, typhus, etc. This control on such diseases resulted in decreasing the number of many neurotic disorders.

3. Improving the Educational Level for people:

Illiteracy is a major problem facing our country. Though there is a law giving the right for everybody to study, but in reality there is no obligation for it. So eliminating illiteracy problem needs a national project. Also the negative cultural attitudes are major factors in creating psychiatric diseases.

4. Increasing the number of psychiatric hospitals and daily clinics:

The state has to pay more attention for improve the level of service and therapy at the psychiatric hospitals, to increase the number of beds. The improvement of service is depending on availability of the psychiatrist, qualified psychologist, specialized nurse, and successful cooperation between them.

5. Spreading social services for psychiatric care:

This is an important field in the social service task, where the social workers work at the institutions and hospitals which take care of these cases and in which the psychologist is trying to prepare the psychiatric patient to live in harmony within his community, and to facilitate chances to communicate to keep his social capabilities. Occupational therapy was used as a method to let the patients go out side to establish relations with the community and as a facility to go back to the natural environment.

6. Pay attention for the scientific research in the psychiatric care field:

The developed counties paying great attention to the scientific researches and finance them generously, especially those related to the psychiatric disorders, to find the real reasons and reveal the results affecting individuals and community'. These researches are about:

- Surveys to find out the range of spreading the psychiatric disorders in different invironments.
- Researches dedicated to treat different deviations.
- Executive researches to implement early preventive project, and to follow-up it during its implementing stages to see the possibility of success and to circulate it among other countries. It also publish scientific magazines, Brochures and publications with research results and exchange them with others and provide them for the scientific centers.

7. Pay attention for special groups:

Special groups need more attention because of their increasing number, as they become a problem for the country they belong to. From these groups: who suffer from oligergasia, juvenile delinquent, mentally, motionally and sensonc handicapped, and old people with psychiatric disorders.

8. Utilizing from the local institutions:

The different local institutions may offer help for patients and give assistance and support in psychiatric prevention. Its success was proved by participating of some institutions in many activities held by Yemen Association

for Psychiatric Health-Hadramout with the following local institutions:

- Insurance Authority: (3 courses in psychiatric health for social workers at Hajar and AL-Mukalla Districts' schools)
- Ministry of Education: (course in psychiatric and pedagogic assessment for Ibn Khaldon School teachers)
- Yemeni Wisdom Association: (seminar on juvenile delinquent: the problem, reasons, therapy)
- AL-Ihsan Charitable Association: (course in characteristics of psychiatric growth: and seminar on children's psychiatric disorders)

9. Knowing people's attitudes and changing them:

Psychiatric patient's treatment depends mostly on people's attitude toward the psychiatric diseases. A study done to know these attitudes; it was as follows: Sample: First Group (50 persons from patients' relatives)

Second Group (50 persons from Faculty of Education in Hadramout)

- Goal of the Study:

To know people's attitudes toward a psychiatric disease and patient.

The relation between these attitudes and some demographic changes like: age, sex, study, place of residence

Reach a form for some recommendations to get the best aspect for psychiatric disease

Following are some of the research results:

The attitude of the first group (patients' relatives) was:

100% refused to allow their children to marry a person with schizophrenia

94% refused to work with him in a same governmental sector

92% refused to rent him a house

- The attitude of the second group (students from Faculty of Education)

88% refused to allow their children to marry a person with schizophrenia

78% refused to work with him in a same governmental sector

82% refused to rent him a house

Both groups had a quite positive toward using psychiatric therapy methods

We find from the study that there is a negative attitude, from many people in our company, toward the psychiatric disease, that is why it is considered as a disgrace neither the patient nor his family could rid of it. What is important for us is to know: to what extent we are responsible for this deformed idea that others have toward psychiatric disease.

For all this, we recommend the following:

1. Expand the research circle to contain other governorates in the country.
2. Continue in performing researches to reveal many sides on which such attitudes are based.

Suggestions to improve the psychiatric care in Yemen:

1. The Ministry of Health and Population should pay more attention for the psychiatric care as it does for the corporeality health through encouraging doctors to specialize in this field, training the workers in this field, and provide them with information about psychiatric health, and prepare psychologists for this work.

2. To establish a prevention section at the **MOH** to prevent from neurotic

and psychiatric disease and to get rid of simply psychiatric disorders starting from childhood, with a similar program as the Primary Health Care Program.

3. Establish a center for health and psychiatric researches in Yemen concerns with high and specialized studies.

4. To add psychiatric health program, which contains knowing the right psychiatric development and the sources of the psychiatric disorders to doctors' training programs, and to improve the level of the psychiatric nursing?

5. Make rules for facilitating therapy for the special group (oligophrenia, childhood disorders, and juvenile delinquent, oligergasia, and salinity disorders.

6. expanding the range of offered psychiatric health services, to cover other general hospitals in the country to reach everybody, specially in rural areas where people find difficult}- in reaching specialized psychiatric hospitals.

7. Fixing legislative laws to offer therapeutic facilities for psychiatric patients in prisons.

8. Teach, and spread awareness among people about the psychiatric disorders to change their attitude toward psychiatric diseases and patients.

9. Pay attention to scientific research in the psychiatric field and put a budget for it.

10. Pay attention to establish rehabilitation centers for psychiatric patients to merge them in the community.

11. Draw attention to care about motherhood and childhood and reproductive health. 1

12. Urge the local institutions and community to actually participate in psychiatric health activities and to support its activities.

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