

STATE OF PSYCHIATRY IN BANGLADESH:

Patient Care, Education, and Research

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Objectives

- **Facts about Bangladesh**
- **Status of mental health in Bangladesh**
- **Psychiatry services in Bangladesh**
- **Psychiatry training in Bangladesh**
- **Psychiatry research in Bangladesh**
- **Future Directions**

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Location and Border of Bangladesh

Bordered by Bay of Bengal in the south and all other sides by India except a small area in the east by Myanmar



Bangladesh: Geography

- **Area:**
 - 1,47,570 km.sq. Km
- **Population:**
 - 129.25 million(8th largest)
- **Literacy rate: 48.7%**
- **Religion:**
 - 89.6% Muslim, 9.2 % Hindu
1.2% others
- **Language:**
 - Bangla (February 21, 1952)
 - World Language Day



Bangladesh: Economy

■ GNI

- US\$62.6B in FY2003
- Per capita GNI
US\$150

■ Agriculture

■ Industry

■ Resources:

- Natural gas, coal,
offshore and onshore
petroleum



Bangladesh: Government

■ Government:

- Parliamentary democracy

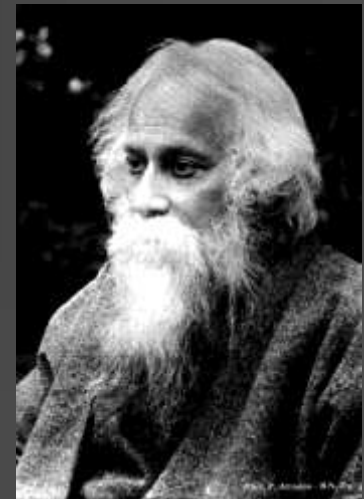
■ Judicial:

- British-style criminal codes, amended
- Supreme Court with 2 divisions:
 - High Court Division and
 - Appellate Division



Bangladesh: History

- Dravidian-Sena Dynasty
- Islamization, 1202-1757
- British rule, 1757-1947
- Pakistan Period, 1947-71
- Bangladesh:
 - Liberation war
 - Bangabandhu rule, 1972-75
 - Military rule, 1975-1990
 - Democracy



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Bangladesh: Psychiatric Morbidity

Community based 2-stage survey

- **Adults: General prevalence:16.2 %**
 - Neurotic disorders: 8.39%
 - MDD: 4.61%
 - Psychotic disorders: 1.07%
- **Children: General prevalence:15.5 %**
 - Anxiety Disorder: 8.1%
 - Hyperkinesis: 2.0%
 - Behavioral Disorder: 8.9%
 - Autism Spectrum: 0.2%



(NIMH study, 2004;BSMMU Study,2005)

Bangladesh: Psychiatric Morbidity

Service need for adult population

- Population above 18 years is 71.09 million (55%)
- Over 11 million of adult population need mental health service



Bangladesh: Psychiatric Morbidity

Service need for children population

- Population below 18 years is 58.16 million (45%)
- Conservative assumption: Over 8 million children and adolescents need mental health service



Bangladesh Psychiatry: Commonalities with South Asian Countries

- **Psychiatric problems are similar to neighboring countries**
 - share common geo-socio-cultural inheritance
- **Commonalities in the components of psychiatry care, training and research:**
 - Some countries are far ahead of Bangladesh

Bangladesh Systematically Commonalities with South Asian Countries

**Overall, mental health of
South Asian Countries are
very much directive of unified
qualities within diversity**

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Bangladesh Health Services: Organizational Structure

National: 6 Divisions



64 Districts: 59 General Hospitals



460 Upazillas: 397 Upazilla Health Complex



4451 Unions: 13500 Community Clinics

Bangladesh: History of Psychiatry Services

- 1957 First Mental Hospital in Pabna
- 1960 First Mental Health Clinic
- 1968 Psychiatric Service in Armed Forces was established. A graded training program was implemented
- 1975 DPM Course begins in IPGMR (BSMMU)
- 1975 Child Guidance Clinic
- 1980 FCPS Course offered by BCPS
- 1998 First Child Mental Health Clinic
- 2000 National Institute of Mental Health
- 2001 MD Course started in BSMMU

Mental Health Professionals

- **Psychiatrist: 77**
- **Psychiatrist-population ratio: 1:2 million**
- **Child Psychiatrist: 02**
- **Psychotherapist: None**
- **Clinical Psychologist: 42**
- **Psychiatric Social Worker: None**
- **Psychiatric Nurse: 72**
- **GP trained in Psychiatry: 3,270**

Psychiatric Service Facilities

Limited to Tertiary Level of Institutes located at major cities

- **BSM Medical University (BSMMU)**
 - 24 beds/Outdoor-indoor Services
- **Mental Hospital, Pabna**
 - 500 beds/Outdoor-indoor facilities
- **Medical College Hospitals**
 - 250 beds/ Outdoor-indoor Services
- **National Institute of Mental Health(NIMH)**
 - 100 beds/ Outdoor-indoor Services

Professional Organizations:

Bangladesh Association of Psychiatrists

- Formed in 1976
- Member of WPA, WFMH, SPF
- Contributes to mental health education & research, and mental health promotion
- Cooperates with national and international agencies
- Organizes national and international conferences and seminars
- Publishes “Bangladesh Journal of Psychiatry” biannually

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Psychiatry: Training & Teaching

- **Undergraduate Training:**
 - Government Medical College: 13
 - Non-government Medical College: 11
- **Postgraduate Training in Psychiatry:**
 - Bangladesh College of Physicians and Surgeons
 - BSM Medical University
 - Medical College, Sylhet
 - started Post graduate course in Psychiatry in 2003

Undergraduate Psychiatry:

Assessment and Barriers

- **Psychiatry is not compulsory in the formal assessment in Final Professional Examination**
 - **Psychiatry is evaluated very flexibly and reluctantly as part of Medicine**
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Postgraduate Courses

- **Fellow of College of Physicians and Surgeons (Psychiatry)**
 - **Doctor of Medicine (Psychiatry)**
 - **Postgraduate enrollment: 15-20/ Year**
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Psychiatry Teaching and Training

Present outcome

- Inadequate exposure in Psychiatry at Undergraduate level causes GPs low capability to meet the community need for Psychiatric care
 - Postgraduate Psychiatric program is well standard to produce quality Psychiatrists but facilities are limited
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Psychiatric Research

- **Mainly conducted at BSMMU & NIMH**
 - **Few ongoing collaborative research**
 - **Primarily to improve psychiatric care and delivery**
 - **Postgraduate students participate in research activities as part of the curriculum under supervision**
 - **Consultants conduct own research activities**
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Psychiatric Research

Researches performed

- **Epidemiological: Prevalence studies**
- **Clinical Psychiatry: Pattern of presentation of Psychiatric disorders, Psychiatric aspect of common GMCs**
- **Psychopharmacological: Efficacy of drugs**

Psychiatric Research

Researches performed (Cont....)

- **Social Psychiatry: Stressors and Psychiatric disorders, Culture bound syndromes, Attitude of undergraduate students towards Psychiatry, People's belief about Psychiatric disorders**
- **Psychiatric Measures: Standardization of Instruments (SRQ, SDQ, SCID, DAWBA, MMPI, EPI), Development of Scales for Depression and Anxiety**

Psychiatric Research

Ongoing Research activities:

- Exploring cross-cultural variations
- Examine the effects of trace elements
- Development of Instruments for OCD and Stressors
- Psychiatric morbidity and its impact among geriatric population

Psychiatric Research

Planned research:

- National Child Psychiatric survey
- Follow up study of Schizophrenia
- Development and standardization of Instruments
- Psychiatric services evaluation
- Economical impact and burden for Psychiatric disorders

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Mental Health Needs

❑ Manpower

- ❑ Psychiatrists for teaching & consultancy services
- ❑ Personnel of the Psychiatric Team

❑ Training Centres

- ❑ Upgrading Mental Hospital as educational Institute
- ❑ Further development of Dept. of Psychiatry, BSMMU with expanded teaching/training/research facilities
- ❑ Upgrade Psychiatry departments of Medical Colleges to facilitate undergraduate & postgraduate teaching & training

Role of the SAARC Psychiatric Federation: Few Suggestions

- Facilitate collaboration among Psychiatrists & National Psychiatric Organizations of South Asian Region
- Mutual assistance in improving the quality of Psychiatric training
- Participation in exchange programs
 - e.g., exchange of examiners
- Support joint need-based research projects
- Collaboration with other agencies in mutual areas of interest

CONCLUSIONS

- **Psychiatry in Bangladesh is:**
 - In the early state of development
 - Significant improvement recent years in:
 - Clinical care, training and research
 - Room for further improvement
- **Potential collaboration with neighboring nations**
- **Critical role of the SPF:**
 - Training, developing service strategy, and research collaboration



Thank you

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