



Albania

GENERAL INFORMATION

Albania is a country with an approximate area of 29 thousand square kilometers (UNO, 2008). The population is 3,169,087 and the sex ratio (men per hundred women) is 100 (UNO, 2009). The proportion of the population under the age of 18 years is 29% and the proportion above age 60 is 10% (UNO, 2009). The literacy rate is 99% for both men and women (UN Statistics, 2008). The life expectancy at birth is 73 years for males and 80 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 64 years for males and 80 years for females (UNPD, 2010). The country is in the upper middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 6.88%, and the per capita government expenditure on health (PPP int. \$) is \$142.0 (WHO, 2006). The suicide rate for males is 4.7% and 3.3% for females is. In Albania, neuropsychiatric disorders are estimated to contribute to 19.8% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 2003. Mental health is also specifically mentioned in the general health policy.

A mental health plan exists and was approved, or most recently revised, in 2010. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- Funding allocation for the implementation of half or more of the items in the mental health plan.
- Shift of services and resources from mental hospitals to community mental health facilities.
- Integration of mental health services into primary care.

Dedicated mental health legislation exists and was initiated, or most recently revised, in 2010. Legal provisions concerning mental health are also covered in other laws (eg. welfare, disability, general health legislation etc.).

FINANCING

Mental health and mental hospital expenditures by the government health department/ministry are not available.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines, but with restrictions. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Official policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

The majority of primary health care doctors and nurses have not received official in-service training on mental health within the last five years. The availability of officially approved manuals on the

Data collected in 2011

UN = information unavailable, NA = item not applicable

management and treatment of mental disorders in primary health care clinics is unknown. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. Referral procedures from tertiary/secondary care to primary care, however, do not exist.

Mental Health Services

Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities	20	0.63	2	0.06
Day treatment facilities	3	0.09	UN	UN
Psychiatric beds in general hospitals	130	4.1	15	0.47
Community residential facilities	9	0.28	UN	UN
Beds/places in community residential facilities	99	3.12	UN	UN
Mental hospitals	2	0.06	UN	UN
Beds in mental hospitals	520	16.41	UN	UN

Access to care

	Rates per 100,000 population	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	3.16	UN	UN
Admissions to psychiatric beds in general hospitals	51.88	UN	UN
Persons staying in community residential facilities at the end of the year	2.52	UN	UN
Admissions to mental hospitals	23.07	UN	UN

Long term care in mental hospitals (% of persons staying):

Less than 1 year	18%
More than 1 and less than 5 years	17%
More than 5 years	64%

HUMAN RESOURCES

Data collected in 2011

UN = information unavailable, NA = item not applicable

Workforce and training

	Health professionals working in the mental health sector Rate per 100,000	Training of health professions in educational institutions Rate per 100,000
Psychiatrists	1.83	0.16
Medical doctors, not specialized in psychiatry	0.63	6.31
Nurses	6.18	UN
Psychologists	1.29	UN
Social workers	1.1	UN
Occupational therapists	0.09	NA
Other health workers	NA	NA

Note: Statistics related to training of health professionals (including doctors, psychologists, nurses, social workers) in Albania may be underestimates of actual values. The reported values are reflective solely of health professionals trained at public universities, and do not include those trained at private institutions.

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	No	Yes
Number of members	NA	UN
Participation in the formulation/implementation of policy/plan/legislation?	NA	Not routinely

MEDICINES

Expenditures for medicines for mental and behavioral disorders at country level

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines ¹	UN
Medicines used for bipolar disorders ²	UN
Medicines for psychotic disorders ³	UN
Medicines used for general anxiety ⁴	UN

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

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Medicines used for mood disorders ⁵	UN
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Note: Although specific information regarding the expenditures on medicines for mental and behavioral disorders is lacking, the Health Insurance Institute of Albania estimates that approximately 25% of its reimbursed medications are for neuropsychiatric conditions.

INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	Yes	No	Yes
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	Yes	No	Yes
Persons treated in mental health outpatient facilities	No	No	No
Contacts in mental health outpatient facilities	No	No	No
Persons treated in mental health day treatment facilities	No	No	No
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	UN	UN	UN

Note: Mental health data (either on the public system, private system, or both) have been compiled for general health statistics in the last three years, but not in a specific mental health report.

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

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