



Bulgaria

GENERAL INFORMATION

Bulgaria is a country with an approximate area of 111 thousand square kilometers (UNO, 2008). The population is 7,497,282 and the sex ratio (men per hundred women) is 94 (UNO, 2009). The proportion of the population under the age of 18 years is 17% and the proportion above age 60 is 18% (UNO, 2009). The literacy rate is 97% for both men and women (UN Statistics, 2008). The life expectancy at birth is 69 years for males and 76 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 63 years for males and 76 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 6.42% and the per capita government expenditure on health (PPP int. \$) is \$421.0 (WHO, 2006). The suicide rate for males is 19.7 per 100,000 population and for females is 6.7 per 100,000 population. In Bulgaria, neuropsychiatric disorders are estimated to contribute to 21.2% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 2006. Mental health is also specifically mentioned in the general health policy.

A mental health plan exists and was approved, or most recently revised, in 2006. 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 does not exist. However, legal provisions concerning mental health are covered in other laws (e.g. welfare, disability, general health legislation etc.).

FINANCING

Mental health expenditures by the government health department/ministry are 1.4% of the total health budget. Mental hospital expenditures are not available.

Note: There is information available for mental hospital expenditures but data are disaggregated (e.g. expenditures per day, or per bed, per patient etc.). The daily expenditures are as follows: 1377 Bulgarian Lev per patient, 6413 Leva per bed, 22.94 Leva per bed, 2.26 Leva for medication and 2.01 Leva for patient food.

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

Data collected in 2011

UN = information unavailable, NA = item not applicable

authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Similarly, 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 received official in-service training on mental health within the last five years. Officially approved manuals on the management and treatment of mental disorders are not available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. It is unknown whether referrals from secondary/tertiary care to primary care 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	378	5.04	UN	UN
Day treatment facilities	UN	UN	UN	UN
Psychiatric beds in general hospitals	2445	32.61	UN	UN
Community residential facilities	257	3.43	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	12	0.16	UN	UN
Beds in mental hospitals	2705	36.08	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	UN	UN	UN
Admissions to psychiatric beds in general hospitals	237.07	UN	UN
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	137.62	UN	UN

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

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Less than 1 year	UN
More than 1 and less than 5 years	UN
More than 5 years	UN

Note: Some data regarding patients in psychiatric facilities are available but are disaggregated by diagnoses and are for 2008. The values are as follows: total number of mental health patients: 173,079 (rate is 2309 per 100,000 population). The average length of stay in psychiatric facilities for acute treatment is 27.5 days and 81.1 days in long-term treatment facilities.

HUMAN RESOURCES

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	6.75	UN
Medical doctors, not specialized in psychiatry	35.93	UN
Nurses	431.01	UN
Psychologists	0.91	UN
Social workers	0.36	UN
Occupational therapists	UN	NA
Other health workers	UN	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	not routinely	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	11,758

¹ N03AG01, N05A, N05B, N05C, N06A

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Medicines used for bipolar disorders ²	3,480
Medicines for psychotic disorders ³	4,260
Medicines used for general anxiety ⁴	7
Medicines used for mood disorders ⁵	2,128

Note: Values are only from the National Health Insurance Fund; private insurance funds and out-of-pocket expense are not included.

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	No	No	No
Persons treated in mental health outpatient facilities	Yes	No	Yes
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	No	Yes
Admissions in mental hospitals	Yes	No	Yes
Days spent in mental hospitals	Yes	No	Yes
Admissions in community residential facilities	No	No	No

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.

OTHER INFORMATION

There is no general information system for health care or mental health services delivery in Bulgaria. The data reported are collected from annual reports of the contract partners with National Health Insurance Fund and from official statistics reported by the Ministry of Health.

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

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