



Cook Islands

GENERAL INFORMATION

Cook Islands is a country with an approximate area of 0 thousand square kilometers (UNO, 2008). The population is 19,933 and the sex ratio (men per hundred women) is . (UNO, 2009). The proportion of the population under the age of 18 years is 39% and the proportion above age 60 is % (UNO, 2009).. The healthy life expectancy at birth is 63 years for males and years for females (UNPD, 2010). The total expenditure on health as a percentage of gross domestic product is 4.54% and the per capita government expenditure on health (PPP int. \$) is \$ (WHO, 2006). Suicide rate information is not available. In Cook Islands, neuropsychiatric disorders are estimated to contribute to 15.9% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy doesn't exist. Mental health is specifically mentioned in the general health policy.

A mental health plan doesn't exist.

Dedicated mental health legislation does not exist. Legal provisions concerning mental health are also covered in other laws (eg. welfare, disability, general health legislation etc.).

FINANCING

Mental health expenditures by the government health department/ministry are not available. Mental hospital expenditures 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. The department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines.

The majority of primary health care doctors have received official in-service training on mental health within the last five years. The majority of primary health care 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 policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. Referral procedures from tertiary/secondary 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	2	10.03	0	0.0
Day treatment facilities	1	5.02	UN	UN
Psychiatric beds in general hospitals	0	0.0	NA	NA
Community residential facilities	0	0.0	NA	NA
Beds/places in community residential facilities	0	0.0	NA	NA
Mental hospitals	0	0.0	NA	NA
Beds in mental hospitals	0	0.0	NA	NA

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	1003.36	UN	2%
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	NA	NA	NA
Persons staying in community residential facilities at the end of the year	NA	NA	NA
Admissions to mental hospitals	NA	NA	NA

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

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

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	5.02	5.02
Medical doctors, not specialized in psychiatry	0.0	75.25
Nurses	10.03	UN
Psychologists	0.0	UN
Social workers	0.0	UN
Occupational therapists	0.0	UN
Other health workers	20.07	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	No	Yes
Number of members	NA	1
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)

⁴ N05B & N05C

Data collected in 2011

UN = information unavailable, NA = item not applicable

Medicines used for mood disorders ⁵	UN
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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	Yes	Yes
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	Yes	Yes	Yes
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	NA	NA	NA
Admissions in mental hospitals	NA	NA	NA
Days spent in mental hospitals	NA	NA	NA
Admissions in community residential facilities	NA	NA	NA

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable