



Gambia

GENERAL INFORMATION

Gambia is a country with an approximate area of 11 thousand square kilometers (UNO, 2008). The population is 1,750,732 and the sex ratio (men per hundred women) is 98 (UNO, 2009). The proportion of the population under the age of 18 years is 48% and the proportion above age 60 is 2% (UNO, 2009). The literacy rate is 70% for men and 58% for women (UN Statistics, 2008). The life expectancy at birth is 56 years for males and 58 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 50 years for males and 58 years for females (UNPD, 2010). The country is in the Low income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 5.96% and the per capita government expenditure on health (PPP int. \$) is \$32.0 (WHO, 2006). Suicide rate information is not available. In Gambia, neuropsychiatric disorders are estimated to contribute to 7.7% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2007. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2007. 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 it was initiated or most recently revised in 1964. Legal provisions concerning mental health are not covered in other laws (e.g., 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. The department of health also permits primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. However, 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 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

Data collected in 2011

UN = information unavailable, NA = item not applicable

disorders are available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. In contrast, referral procedures from tertiary/secondary care to primary care 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 | 28 | 1.6 | 1 | 0.06 |
| Day treatment facilities | 0 | 0.0 | NA | NA |
| 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 | 1 | 0.06 | 0 | 0.0 |
| Beds in mental hospitals | 100 | 5.71 | 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 | NA | NA | NA |
| 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 | 6.68 | UN | UN |

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

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

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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 | 0.17 | 0.0 |
| Medical doctors, not specialized in psychiatry | UN | UN |
| Nurses | 0.57 | UN |
| Psychologists | 0.00 | NA |
| Social workers | 0.00 | NA |
| Occupational therapists | 0.11 | UN |
| Other health workers | 0.46 | NA |

Informal human resources (Family and User Associations)

| | User | Family |
|---|------|--------|
| Present in the country? | No | No |
| Number of members | NA | NA |
| Participation in the formulation/implementation of policy/plan/legislation? | NA | NA |

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 |
| Medicines used for mood disorders ⁵ | UN |

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

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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 | NA | NA | NA |
| Admissions in general hospitals with psychiatric beds | NA | NA | NA |
| Admissions in mental hospitals | Yes | Yes | Yes |
| Days spent in mental hospitals | Yes | Yes | Yes |
| Admissions in community residential facilities | NA | NA | NA |

Note: no mental health data have been compiled in a report for policy, planning or management purposes in the last three years

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