



Guatemala

GENERAL INFORMATION

Guatemala is a country with an approximate area of 109 thousand square kilometers (UNO, 2008). The population is 14,376,881 and the sex ratio (men per hundred women) is 95 (UNO, 2009). The proportion of the population under the age of 18 years is 47% and the proportion above age 60 is 4% (UNO, 2009). The literacy rate is 89% for men and 84% for women (UN Statistics, 2008). The life expectancy at birth is 67 years for males and 74 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 58 years for males and 74 years for females (UNPD, 2010). The country is in the Lower Middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 7.1% and the per capita government expenditure on health (PPP int. \$) is \$84.0 (WHO, 2006). The suicide rate for males is 3.6 per 100, 000 population and for females is 1.1 per 100, 000 population. In Guatemala, neuropsychiatric disorders are estimated to contribute to 17.7% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2008. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2008. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- 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 1.46% of the total health budget. Mental hospital expenditures are 93.71% of the total mental health budget.

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. Official policy also 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. 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, as do referral procedures from tertiary/secondary care to primary care.

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	40	0.28	0	0.0
Day treatment facilities	1	0.01	0	0.0
Psychiatric beds in general hospitals	8	0.06	0	0.0
Community residential facilities	11	0.08	0	0.0
Beds/places in community residential facilities	160	1.11	0	0.0
Mental hospitals	3	0.02	0	0.0
Beds in mental hospitals	370	2.57	0	0.0

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	353.69	58%	14%
Persons treated in mental health day treatment facilities	3.13	62%	0%
Admissions to psychiatric beds in general hospitals	0.06	56%	11%
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	7.25	UN	UN

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

Less than 1 year	23%
More than 1 and less than 5 years	22%
More than 5 years	55%

Note: A pilot programme in the Department of Health of Solola exists that focuses on the study of schizophrenia in indigenous populations and the development of strategies and guidelines for care. The programme is led by community facilitators with support and monitoring of cases of by a psychiatrist at the community level from the Health District of Santiago Atitlan.

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	0.59	0.03
Medical doctors, not specialized in psychiatry	0.1	2.43
Nurses	1.39	3.48
Psychologists	6.89	2.09
Social workers	0.14	UN
Occupational therapists	1.04	0.35
Other health workers	0.35	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	No	Yes
Number of members	UN	150
Participation in the formulation/implementation of policy/plan/legislation?	Never or rarely	Never or rarely

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	2,749
Medicines used for bipolar disorders ²	183
Medicines for psychotic disorders ³	916
Medicines used for general anxiety ⁴	458
Medicines used for mood disorders ⁵	916

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

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	No	No	No
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	No	No	No
Admissions in mental hospitals	Yes	No	No
Days spent in mental hospitals	Yes	No	No
Admissions in community residential facilities	No	No	No

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

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

