



Lesotho

GENERAL INFORMATION

Lesotho is a country with an approximate area of 30 thousand square kilometers (UNO, 2008). The population is 2,084,182 and the sex ratio (men per hundred women) is 97 (UNO, 2009). The proportion of the population under the age of 18 years is 44% and the proportion above age 60 is 4% (UNO, 2009). The literacy rate is 86% for men and 98% for women (UN Statistics, 2008). The life expectancy at birth is 46 years for males and 45 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 38 years for males and 45 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 8.23% and the per capita government expenditure on health (PPP int. \$) is \$57.0 (WHO, 2006). Suicide rate information is not available. In Lesotho, neuropsychiatric disorders are estimated to contribute to 4.8% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy does not exist. However, mental health is specifically mentioned in the general health policy.

A mental health plan does not exist.

Dedicated mental health legislation exists and was initiated, or most recently revised, in 1964. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: The mental health policy has been drafted, but not officially approved, and mental health legislation is being revised. The current versions of the policy and legislation are being used to guide the implementation of the mental health program in Lesotho.

FINANCING

Mental health expenditures by the government health department/ministry are 1.8% of the total health budget. Mental hospital expenditures are 82.11% of the total mental health budget.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary doctors to prescribe psychotherapeutic medicines. The department of health authorizes primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines, but with restrictions. 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. Officially approved manuals on the management and treatment of mental disorders are not available in the majority of primary health care clinics. Official referral

Data collected in 2011

UN = information unavailable, NA = item not applicable

procedures for referring persons from primary care to secondary/tertiary care do not exist. Referral procedures from tertiary/secondary to primary care also 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	11	0.53	0	0.0
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	NA	NA	NA	NA
Mental hospitals	1	0.05	0	0.0
Beds in mental hospitals	60	2.88	0	0.0

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	47.93	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	UN	UN	UN

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

Less than 1 year	97%
More than 1 and less than 5 years	1%
More than 5 years	2%

Note: Mental health beds are currently not available in the general hospital. In all but two districts there are places of observation and treatment for mental health patients in the hospital yard but these are separated from the general wards. The Ministry is in the process of building a new referral hospital which will have mental health beds available.

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Currently there are 60 beds for mental health patients, but this number will increase to 115 after the refurbishment of the hospital is complete. Children and adolescent wards will also be available in this hospital. The program is also working on establishing day care services within the hospital.

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	0.05	NA
Medical doctors, not specialized in psychiatry	0.05	NA
Nurses	1.92	2.49
Psychologists	0.14	NA
Social workers	0.14	2.02
Occupational therapists	0.14	NA
Other health workers	7.68	NA

Informal human resources (Family and User Associations)

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

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	
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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: 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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