



Maldives

GENERAL INFORMATION

Maldives is a country with an approximate area of 0 thousand square kilometers (UNO, 2008). The population is 313,920 and the sex ratio (men per hundred women) is 102 (UNO, 2009). The proportion of the population under the age of 18 years is 35% and the proportion above age 60 is 5% (UNO, 2009). The literacy rate is 99% for men and 99% for women (UN Statistics, 2008). The life expectancy at birth is 75 years for males and 77 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 64 years for males and 77 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 8.01% and the per capita government expenditure on health (PPP int. \$) is \$336.0 (WHO, 2006). In Maldives, neuropsychiatric disorders are estimated to contribute to 18.7% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy doesn't exist nor is mental health specifically mentioned in the general health policy.

Note: A policy statement on mental health policy has been officially endorsed by the president and the cabinet on February 2012. The scope of the document covers policy statement, vision, guiding principles/values and policy objectives.

A mental health plan doesn't exist.

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 not available. However, government mental health expenditure for procurement of free psychiatric medicines to all registered patients and expenditure for the single long-term care facility is known. These two components forms most of Mental health expenditures

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 authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Likewise, 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, as do referral procedures from

Data collected in 2011

UN = information unavailable, NA = item not applicable

tertiary/secondary care to primary care (Referral procedures are only for emergencies. No referral procedures exist for routine cases).

Note: Ministry of Health and Family is working to develop care guidelines for mental health. A protocol exist for house visits of health workers from island councils.

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	1	0.32	0	0.0
Day treatment facilities	1	0.32	0	0.0
Psychiatric beds in general hospitals	0	0.0	NA	NA
Community residential facilities	1	0.32	0	0.0
Beds/places in community residential facilities	160	50.97	0	0.0
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	1727.83	UN	UN
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	51.29	UN	UN
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

Note: The health services are structurally organised into a five-tier system. Most resources for mental health are concentrated in the capital city Male'. The provision of mental health care in primary health care is limited.

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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	1.59	NA
Medical doctors, not specialized in psychiatry	1.59	NA
Nurses	40.46	13.7
Psychologists	0.0	0.0
Social workers	0.0	6.37
Occupational therapists	0.0	0.0
Other health workers	0.0	NA

Note: There are no medical schools in Maldives.

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

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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	No	No
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	Yes	No	No
Persons treated in mental health outpatient facilities	Yes	No	No
Contacts in mental health outpatient facilities	NA	NA	NA
Persons treated in mental health day treatment facilities	Yes	No	No
Admissions in general hospitals with psychiatric beds	Yes	No	No
Admissions in mental hospitals	NA	NA	NA
Days spent in mental hospitals	NA	NA	NA
Admissions in community residential facilities	Yes	No	No

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

OTHER INFORMATION

The government of Maldives provide free psychotherapeutic medicines to all patients registered. There is no proper mental health information system in the country. All patients receiving free psychiatric medications records are maintained as a register.

⁵ N06A

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