



World Health  
Organization

## The Former Yugoslav Republic of Macedonia

### GENERAL INFORMATION

The Former Yugoslav Rep of Macedonia is a country with an approximate area of 26 thousand square kilometers (UNO, 2008). The population is 2,043,360 and the sex ratio (men per hundred women) is 100 (UNO, 2009). The proportion of the population under the age of 18 years is 22% and the proportion above age 60 is 12% (UNO, 2009). The literacy rate is 99% for men and 99% for women (UN Statistics, 2008). The life expectancy at birth is 72 years for males and 76 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 65 years for males and 76 years for females (UNPD, 2010). The country is in the Upper Middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 6.88% and the per capita government expenditure on health (PPP int. \$) is \$444.0 (WHO, 2006). The suicide rate for males is 9.5 per 100, 000 population and for females is 4. per 100, 000 population. In The Former Yugoslav Rep of Macedonia, neuropsychiatric disorders are estimated to contribute to 19.5% of the global burden of disease (WHO, 2008).

### GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2005. Mental health is specifically mentioned in the general health policy.

A mental health plan doesn't exist.

Dedicated mental health legislation exists and it was initiated or most recently revised in 2006. Legal provisions concerning mental health are also 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 but with restrictions. 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 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. However, 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	19	0.93	2	0.1
Day treatment facilities	8	0.39	2	0.1
Psychiatric beds in general hospitals	150	7.34	0	0.0
Community residential facilities	4	0.2	0	0.0
Beds/places in community residential facilities	25	1.22	0	0.0
Mental hospitals	4	0.2	0	0.0
Beds in mental hospitals	1150	56.28	30	1.47

### 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	25.69	UN	UN
Admissions to psychiatric beds in general hospitals	59.71	UN	UN
Persons staying in community residential facilities at the end of the year	1.47	UN	UN
Admissions to mental hospitals	161.5	UN	UN

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

Less than 1 year	35%
More than 1 and less than 5 years	31%
More than 5 years	35%

## 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	9.98	0.49
Medical doctors, not specialized in psychiatry	0.69	7.34
Nurses	26.92	0.0
Psychologists	1.47	0.0
Social workers	0.83	0.0
Occupational therapists	0.59	0.0
Other health workers	UN	NA

### Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	Not routinely	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 <sup>1</sup>	UN
Medicines used for bipolar disorders <sup>2</sup>	UN
Medicines for psychotic disorders <sup>3</sup>	UN
Medicines used for general anxiety <sup>4</sup>	UN
Medicines used for mood disorders <sup>5</sup>	UN

<sup>1</sup> N03AG01, N05A, N05B, N05C, N06A

<sup>2</sup> N03AG01, N05A, N05B, N05C, N06A

<sup>3</sup> N05A (excluding N05AN)

<sup>4</sup> N05B & N05C

<sup>5</sup> N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

**INFORMATION SYSTEMS**

	<b>Data on number of people/ activities are collected and reported</b>	<b>Data on age and gender are collected and reported</b>	<b>Data on patient's diagnosis are collected and reported</b>
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	UN	UN	UN
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	Yes	Yes	Yes
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	Yes	Yes	Yes

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