



Malta

GENERAL INFORMATION

Malta is a country with an approximate area of 0.32 thousand square kilometers (UNO, 2008). The population is 409,999 and the sex ratio (men per hundred women) is 98 (UNO, 2009). The proportion of the population under the age of 18 years is 19% and the proportion above age 60 is 14% (UNO, 2009). The literacy rate is 97% for men and 99% for women (UN Statistics, 2008). The life expectancy at birth is 76 years for males and 81 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 71 years for males and 81 years for females (UNPD, 2010). The country is in the High income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 7.48% and the per capita government expenditure on health (PPP int. \$) is \$3254.0 (WHO, 2006). The suicide rate for males is 12.3 per 100, 000 population and for females is 0.5 per 100, 000 population. In Malta, neuropsychiatric disorders are estimated to contribute to 27.0% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 1997. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 1997. The mental health plan components include:

- 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 1986. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: A new Mental Health Act has been drafted based on the protection of human rights and professional accountability for service provision to this client group. It was presented to Parliament in 2011.

FINANCING

Mental health expenditures by the government health department/ministry are 6.71% of the total health budget. Mental hospital expenditures are 96.82% of the total mental health budget.

Note: The expenditure data on the mental health sector is for Malta only. No data available for our sister island of Gozo as they do not have a dedicated budget for mental health.

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

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	2	0.49	1	0.24
Day treatment facilities	14	3.41	UN	UN
Psychiatric beds in general hospitals	15	3.66	UN	UN
Community residential facilities	2	0.49	UN	UN
Beds/places in community residential facilities	24	5.85	UN	UN
Mental hospitals	2	0.49	UN	UN
Beds in mental hospitals	581	141.71	10	2.44

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	3002.45	UN	UN
Persons treated in mental health day treatment facilities	3417.08	UN	UN
Admissions to psychiatric beds in general hospitals	35.37	UN	UN
Persons staying in community residential facilities at the end of the year	5.85	UN	UN
Admissions to mental hospitals	1533.66	UN	UN

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

Less than 1 year	52%
More than 1 and less than 5 years	14%

Data collected in 2011

UN = information unavailable, NA = item not applicable

More than 5 years	34%
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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	3.17	0.0
Medical doctors, not specialized in psychiatry	3.17	18.05
Nurses	66.83	37.56
Psychologists	4.39	2.93
Social workers	5.12	8.78
Occupational therapists	4.63	3.9
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 ¹	338,562
Medicines used for bipolar disorders ²	71,424
Medicines for psychotic disorders ³	113,155
Medicines used for general anxiety ⁴	19,145

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

Data collected in 2011

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Medicines used for mood disorders ⁵	206,132
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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	No
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	No

Note: a specific report focusing mental health activities has been published by the Health Department or any other responsible government unit in the last three years

⁵ N06A

Data collected in 2011

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