



## GENERAL INFORMATION

Nepal is a country with an approximate area of 147 thousand square kilometers (UNO, 2008). The population is 29,852,682 and the sex ratio (men per hundred women) is 98 (UNO, 2009). The proportion of the population under the age of 18 years is 42% and the proportion above age 60 is 4% (UNO, 2009). The literacy rate is 86% for men and 75% for women (UN Statistics, 2008). The life expectancy at birth is 67 years for males and 68 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 55 years for males and 68 years for females (UNPD, 2010). The country is in the low income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 5.81% and the per capita government expenditure on health (PPP int. \$) is \$16.0 (WHO, 2006). Suicide rate information is not available. In Nepal, neuropsychiatric disorders are estimated to contribute to 11.0% of the global burden of disease (WHO, 2008).

## GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 2004. Mental health is not specifically mentioned in the general health policy.

A mental health plan does not exist.

Dedicated mental health legislation does not exist and legal provisions concerning mental health are not covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: For the very first time in Nepal, the National Health Sector Programme (NHSP-II) has included mental health in the "essential health care" programme. The NHSP-II is applicable from 2010 to 2015.

## FINANCING

Mental health and mental hospital expenditures by the government health department/ministry are not available.

Note: Although exact values are unavailable, mental health expenditures comprise 0.7% of the total health budget. These expenditures are borne by many government institutions like Nepal's Humanitarian Trust Fund for Children (NHTC), National Center for AIDS and STD Control (NCASC), the Management Division, Family Health Division and the Mental Hospital itself.

## 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. Similarly, 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 do not exist. Referral procedures from tertiary/secondary care 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	25	0.08	UN	UN
Day treatment facilities	3	0.01	UN	UN
Psychiatric beds in general hospitals	400	1.34	UN	UN
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	1	0.003	UN	UN
Beds in mental hospitals	45	0.15	UN	UN

### 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	UN	UN	UN
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	2.77	43%	UN

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

Less than 1 year	100%
More than 1 and less than 5 years	0%
More than 5 years	0%

Note: Some community-based psychosocial support is provided through (international) non-governmental organizations.

## 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	0.18	0.02
Medical doctors, not specialized in psychiatry	UN	4.02
Nurses	0.25	6.70
Psychologists	0.04	0.01
Social workers	UN	NA
Occupational therapists	UN	NA
Other health workers	UN	NA

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

	User	Family
Present in the country?	Yes	No
Number of members	30	NA
Participation in the formulation/implementation of policy/plan/legislation?	frequently	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 <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	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	No	No	No
Admissions in general hospitals with psychiatric beds	No	No	No
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	No	No	No

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