



## **GENERAL INFORMATION**

Nauru is a country with an approximate area of 0.02 thousand square kilometers (UNO, 2008) and a population of 10,254 (UNO, 2009). The proportion of the population under the age of 18 years is 39%. The proportion above age 60 is unknown. Literacy rates and life expectancies are unknown. The only statistic available is the healthy life expectancy at birth for males, which is 53 years (UNO, 2005-2010). The total expenditure on health as a percentage of gross domestic product is 10.85% and the per capita government expenditure on health (PPP int. \$) is \$816.0 (WHO, 2006). Suicide rate information is not available. In Nauru, neuropsychiatric disorders are estimated to contribute to 9.6% of the global burden of disease (WHO, 2008).

## **GOVERNANCE**

An officially approved mental health policy does not exist and 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: Currently, steps are being taken to draft a mental health policy and to begin the implementation of the human resources (for mental health) training plan.

## **FINANCING**

Mental health expenditures by the government health department/ministry are 0.69% of the total health budget. Mental hospital expenditures are not available.

Note: The only specific funding for Mental Health Services is the allocation from the Visiting Mental Health Specialist under the Pacific Partnership for Development (funding from AusAID).

## **MENTAL HEALTH CARE DELIVERY**

### **Primary Care**

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. 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 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 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	1	9.75	UN	UN
Day treatment facilities	0	0.0	NA	NA
Psychiatric beds in general hospitals	2	19.5	UN	UN
Community residential facilities	0	0.0	NA	NA
Beds/places in community residential facilities	0	0.0	NA	NA
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	312.07	78%	3%
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions to psychiatric beds in general hospitals	78.02	50%	13%
Persons staying in community residential facilities at the end of the year	NA	NA	NA
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

Data collected in 2011

UN = information unavailable, NA = item not applicable

## 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	0.0	0.0
Medical doctors, not specialized in psychiatry	9.75	126.78
Nurses	9.75	48.76
Psychologists	0.0	0.0
Social workers	0.0	0.0
Occupational therapists	0.0	0.0
Other health workers	0.0	NA

### 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 <sup>1</sup>	15,138
Medicines used for bipolar disorders <sup>2</sup>	5,949
Medicines for psychotic disorders <sup>3</sup>	425
Medicines used for general anxiety <sup>4</sup>	7,808
Medicines used for mood disorders <sup>5</sup>	552

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

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

Data collected in 2011

UN = information unavailable, NA = item not applicable