



## Panama

### GENERAL INFORMATION

Panama is a country with an approximate area of 76 thousand square kilometers (UNO, 2008). The population is 3,508,475 and the sex ratio (men per hundred women) is 102 (UNO, 2009). The proportion of the population under the age of 18 years is 34% and the proportion above age 60 is 7% (UNO, 2009). The literacy rate is 97% for men and 96% for women (UN Statistics, 2008). The life expectancy at birth is 73 years for males and 78 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 65 years for males and 78 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 8.26% and the per capita government expenditure on health (PPP int. \$) is \$507.0 (WHO, 2006). The suicide rate for males is 10.4 per 100,000 population and for females is 0.8 per 100,000 population. In Panama, neuropsychiatric disorders are estimated to contribute to 22.8% of the global burden of disease (WHO, 2008).

### GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 2009. Mental health is also specifically mentioned in the general health policy.

A mental health plan exists and was approved, or most recently revised, in 2001. The mental health plan components include the integration of mental health services into primary care.

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.).

### FINANCING

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

Note: Although exact values are unavailable, it is known that the majority of the mental health budget is allocated to the Psychiatric Hospital (now known as the National Institute of 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. 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 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

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	105	2.99	UN	UN
Day treatment facilities	1	0.03	UN	UN
Psychiatric beds in general hospitals	102	2.91	6	0.17
Community residential facilities	0	0.00	NA	NA
Beds/places in community residential facilities	0	0.00	NA	NA
Mental hospitals	0	0.00	NA	NA
Beds in mental hospitals	0	0.00	NA	NA

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	NA	NA	NA
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	51.3	UN	UN
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

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	3.99	0.20
Medical doctors, not specialized in psychiatry	UN	3.71
Nurses	2.74	5.13
Psychologists	UN	NA
Social workers	UN	NA
Occupational therapists	0.06	NA
Other health workers	0.43	NA

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

	User	Family
Present in the country?	Yes	Yes
Number of members	2	1
Participation in the formulation/implementation of policy/plan/legislation?	never or rarely	never or rarely

## 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>	57,005
Medicines used for bipolar disorders <sup>2</sup>	4,094
Medicines for psychotic disorders <sup>3</sup>	28,444
Medicines used for general anxiety <sup>4</sup>	8,803
Medicines used for mood disorders <sup>5</sup>	15,116

<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

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**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	Yes	Yes	Yes
Contacts in mental health outpatient facilities	No	UN	UN
Persons treated in mental health day treatment facilities	No	UN	UN
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes
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.