Mental health service and Surveillance System of Depression Disorders for Older People in Thailand

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Location of presentation: Repatriation General Hospital, International Institute of Palliative and Supportive Study, Adelaide Australia
Outline

1. Situation of ageing society in Thailand
2. Mental Health System in Thailand
3. Prasrimahabhodi Psychiatric Hospital
4. The Surveillance System of Depressive Disorders at Provincial level (SDDP)

Location of presentation: Repatriation General Hospital, International Institute of Palliative and Supportive Study, Adelaide Australia
Situation of ageing society in Thai
Situation of ageing society in Thailand

Mental health service for older Thai people

Accessibility, Quality, Equity

Location of presentation: Repatriation General Hospital, International Institute of Palliative and Supportive Study, Adelaide Australia

**FIGURE 1.2** Population pyramid of population age 60 or over by gender and by age group

<table>
<thead>
<tr>
<th>Year</th>
<th>Age Group</th>
<th>2009</th>
<th>2000</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>80+</td>
<td>0.37</td>
<td>0.42</td>
<td>0.94</td>
<td>1.04</td>
</tr>
<tr>
<td></td>
<td>75-79</td>
<td>0.45</td>
<td>0.59</td>
<td>1.21</td>
<td>1.37</td>
</tr>
<tr>
<td></td>
<td>70-74</td>
<td>0.79</td>
<td>0.99</td>
<td>1.33</td>
<td>2.23</td>
</tr>
<tr>
<td></td>
<td>65-69</td>
<td>1.15</td>
<td>1.32</td>
<td>2.02</td>
<td>2.90</td>
</tr>
<tr>
<td></td>
<td>60-64</td>
<td>1.51</td>
<td>1.76</td>
<td>2.45</td>
<td>3.33</td>
</tr>
</tbody>
</table>

Male | Female

Source: Estimation of Thai Population 2000-2030, Office of the National Economic and Social Development Board
Situation of ageing society in Thailand

Mental health service for older Thai people

Accessibility, Quality, Equity

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Mental Health System in Thailand

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Department of Mental Health is the national mental health authority.

There are 122 outpatients facilities, located in mental hospitals and in general hospitals.

There are 25 community-based psychiatric units with 0.4 beds per 100,000 population.
- There are 17 mental hospitals with 13.8 beds per 100,000 population.
- The majority of patients admitted to mental hospitals have a diagnosis of schizophrenia.
1992, a free healthcare program for Thai elderly was used to all public hospitals and health centres.

- There is still no long-term care public hospital.

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- All regional and general hospitals open special clinics for elderly.
- 17 psychiatric hospitals provide treatment with mental health problems both in-patients and out-patients for elderly.

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Mental Health Promotion conducts in community level.

Village health volunteer system is very strong and effective.

There are many training courses on elderly; public health personnel, village health volunteer and communities leaders etc.

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Epidemiology of geriatric psychiatry and a geriatric psychiatric clinic in Prasrimahbhodi Psychiatric Hospital

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Older people access to health service of Prasrimahabhodi Psychiatric Hospital in 5 years

Mean aged = 69 years old
The fifth diagnosis of older people

Percentage

36.72

Psychiatric Disorders

Anxiety disorders
Dementia
Schizophrenia
Depressive disorders
Substance use disorders
Prasrimahabhodi Psychiatric Hospital

Mental health service for older Thai people

Accessibility, Quality, Equity

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A clinical lead team of geriatric which consist of psychiatric health professionals is organizing to care system for old aged of psychiatric disorders.

We are establishing a geriatric psychiatric clinic in our hospital in fiscal year of 2014.

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- We are training our team and health professionals to ready for proving special health service to older people.
- We are also preparing knowledge about dementia, delirium and depression for the elderly to use in management the clinic.

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The surveillance system of depressive disorders at provincial level (SDDP)

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1,500,000 Thai people experienced MDD

4th of DALY after AIDS, Stroke, DM

MDD committed suicide 20 times

They were properly treated only 3% when access to health service

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SDDP is for elderly who are experiencing chronic diseases (criteria – Diabetes Mellitus, Cerebrovascular / Heart disease, Chronic Renal Failure, Cancer)

Thailand has significant issue with depression in later life.

Burden of disease - DARY loss in 2004 found that it was 4th for women and 10th for men (Bundhamcharoen, et al., 2011).
Prevalence rate of depressive disorders in older people 3.6% compared to 15-59 years old at 2.2% (Kongsul, et al., 2010).

Previous studies show prevalence of minor depression disorder in Thai elderly between 12.78% to 35.1% which based on different from severity and instruments (Chawcheng & Pormdee, 2001; Tubmanee, 2001).

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SDDP process

The SDDP

Data report by web application

Screening risk group by 2Q

Assessment severity of depression by 9Q

Assessment suicidal risk by 8Q

Diagnosis by general practitioners

Treatment and care following CPG-MDD-GP

Monitoring and surveillance relapse with 9Q

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The flow chart for SDDP

Health volunteers
- Screening by 2Q
  - +ve
  - Notify result and psycho-education
- Assessment by 9Q
  - ≥7
- Assessment suicide risk by 8Q
  - ≥7
  - Monitoring by 9Q or/and 8Q every month in 1 year
  - Following with 9Q At least 1 month

Primary care settings
- Screening risk group by 2Q
  - +ve
  - Notify result and psycho-education
- Assessment by 9Q
  - ≥7
- Assessment suicide risk by 8Q
  - ≥7

Secondary and general care settings
- Screening high risk group by 2Q
  - +ve
  - Assessment by 9Q
    - ≥7
    - Assessment suicide risk by 8Q and Card check list
      - Diagnosis by general practitioners
        - MDD
          - Non MDD
            - Mild 9Q=7-12
            - Moderate 9Q=13-18
            - Severe 9Q≥19
              - Csg+Ed caregivers
              - Rx+Csg+Ed caregivers
              - Csg
              - Education
              - Monitoring until 9Q <7 every month in 6 month then try to taper off medications

Psychiatric hospitals
- Standard treatment
  - 8Q ≥17
  - 9Q ≥19
Risk Group

- Normal
  - Notify result and psychoeducation

- High risk of depressive disorder
  - Notify result and psychoeducation

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Diagnostic and Treatment

- Mild
  - Notify result and psychoeducation
  - Antidepressants (≥ 6 months)
  - Psychotherapy
  - Refer

- Moderate
  - Notify result and psychoeducation
  - Antidepressants (≥ 6 months)
  - Psychotherapy

- Severe
  - Notify result and psychoeducation
  - Antidepressants (≥ 6 months)
  - Psychotherapy
  - Refer to specialist or psychiatrist.

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Risk Group

- Normal
- High risk of depressive disorder

Risk Group

- No Symptoms
  - Notify result and psychoeducation

- Symptoms
  - Notify result and psychoeducation

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No current risk suicide

- Intensive care for psychological problem
- Continuous surveillance

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Risk Group

- Mild
  - Notify result and psychoeducation
  - Continuous surveillance

- Moderate
  - Notify result and psychoeducation
  - Continuous surveillance
  - Closely with relatives

- Severe
  - Notify result and psychoeducation
  - Intensive care for psychological problem
  - Relatives closely monitored for 24 hours
  - Admit
  - Refer to specialist or psychiatrist.
The SDDP can increasingly access to health services

Data from all of Thailand

<table>
<thead>
<tr>
<th>Year</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
<th>September, 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>5.05%</td>
<td>7.7%</td>
<td>18.89%</td>
<td>29.32%</td>
<td>31.57%</td>
</tr>
</tbody>
</table>
Depressed patients are treated with appropriate treatment by the SDDP around Thailand.

1,500,000 Thai people experience MDD.

They can access to health services about 424,577 people.

Committed suicide only 2 peoples.

They were treated until a full remission.

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The SDDP got excellent award from Thailand Public Service Awards 2012

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The third round for United Nations Public Service Awards

SDDP - The Winner

First round
Second round
Third round

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Thank you so much for your attention

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