

Mental health care services under scrutiny

Bloemfontein
NTSIEPE MASOETSA

11/4/2012 p.3
Free State Department of Health met all the stakeholders in Bloemfontein with the purpose of adding value to mental health care services in the province. Nkau Khasane, director of mental health programmes in the province said all the solutions discussed will be presented at the National Mental Health summit in April. "There is no health without mental health", said Khasane, highlighting the seriousness of mental health. He said all patients will not strictly adhere to their medical treatment if they are not mentally healthy.

He said mental health needs to be brought closer to communities unlike in the past where patients were taken to a psychiatric hospital or treated at a tertiary level. All community and mobile health facilities need to offer mental health services. Khasane said stigma remains one of the challenges in mental health and needs to be dealt with. He said mental health can affect anyone including children. "Mental disorders such as schizophrenia and bipolar mood disorder are on the rise right now and I think it is a problem that we have to nip in the bud, otherwise it will have huge economic implications for our country", said Khasane.

The shortage of mental health facilities for children and adolescents has also been identified. The summit is expected to suggest a solution for expanding mental health care

access to children and young adults at all levels. Lack of funding for non-governmental and faith-based organisations is also a hindrance as these organisations play an important role in delivering mental health care services to communities.

Khasane also said they would take stock of progress made in the mental health services since 1994 and ensure that mental health care also features in the country's National Health Insurance (NHI) plan.

"The provincial delegation will leave shortly for the National mental health summit where our views will also be incorporated into the national mental health strategy", said Khasane.

Goeie gesondheid voeg jare by jou lewe

Bloemfontein
CHRISTOPHER MOTABOGI

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Elke jaar word Wêreld Gesondheidsdag op 7 April herdenk, ter ere van die Wêreld Gesondheidsorganisasie (WGO) se bestaan in 1948. Dié organisasie beywer homself om gesondheid wêreldwyd te bevorder, wat die organisasie as belangrik beskou vir die vooruitgang van enige nasie.

Vanjaar het die tema, "Good health adds life to years", klem daarop gelê dat goeie gesondheid tot meer dae in 'n mens se lewe bydra en fokus op die belangrikheid om ouderdom en ouer mense se belange beter te verstaan. "Die fokus is op hoe goeie gesondheid tydens 'n mens se leeftyd kan help om 'n vol en

produktiewe lewe te leef en as 'n hulpbron vir gesinne en die gemeenskap dien," het 'n verklaring op die WGO se webtuiste gelei.

In die jongste uitgawe van die mediese publikasie, The Lancet, is nuwe navorsing gepubliseer wat kritiek lewer op hoe die media, beleidmakers soos regerings en selfs akademiese navorsers, ouderdom glo in 'n negatiewe lig uitbeeld. "Ouderdom word soms in negatiewe terme uitgebeeld, wat bevestigteken of gesondheidsdienste, welsyntoekennings en ekonomiese groei volhoubaar is. Ons argumenteer dat, pleks daarvan dat dit só moet wees, moet langslendigheid gevier word. Verder, bied volksveroudering 'n geleentheid om gesondheidsbeleide te herdenk vir die voordeel van albei jong en oud," het The Lancet verklaar.

Intussen, het die Wêreld Gesondheidsorganisasie gesê dit is van uiterste belang om 'n vars uitkyk op syfers rakende ouderdom te hê, ten einde om 'n beter begrip van sake wat dié geslag raak te kry.