



**PSYCHIATRIC ASSOCIATION
FOR EASTERN EUROPE AND THE BALKANS**



Affiliated with the World
Psychiatric Association



Voting Member of the World
Federation for Mental Health



**1st
Eastern
European
Psychiatric
Congress**

Abstracts Issue

Thessaloniki, September 21 – 23, 2007
Makedonia Palace Hotel

Sunday, September 23, 2007, 09.00–10.30

ARISTOTLE I

Problems and Perspectives of Young Psychiatrists in Europe

Chairs: E. Tzavellas, K. Zakal

DIFFICULTIES AND PERSPECTIVES OF YOUNG PSYCHIATRISTS IN EUROPE

Elias Tzavellas, Marios Zittis, Athanasios Piachas

Hellenic Association of Young Psychiatrists

Who is really a young psychiatrist? The title is connected to a young, ambitious specialist who has to affront many difficulties and resolve many situations in order to be able to survive both financially and professionally. During the specialization process he is taught how things stand, from the theoretical point of view. The common fact, between various countries of Europe, is that practice differs a lot from theory.

It seems that the most common fields in which a young psychiatrist can be employed, are private general hospitals, private psychiatric clinics, private consultation rooms, or in various out-patient settings specializing in drug addictions, alcohol dependence, geriatric patients, general hospitals, e.t.c

And how about psychotherapy? Is a young psychiatrist adequately trained in order to practice it?

Our effort in this presentation is, by taking in consideration the above mentioned issues, to explore the difficulties and the perspectives of practice for young psychiatrists in Europe.

PROBLEMS AND PERSPECTIVES OF YOUNG PSYCHIATRISTS IN TURKEY

Dr. Halis Ulaş

Psychiatry Department, Dokuz Eylül University Medical School, Izmir-Turkey

Turkey could be regarded as a country on crossroads of Asia and Europe. The population of Turkey is around 72.5 million. Corresponding to the long history and central geographical location of the country, Turkey also has a rich history in psychiatric knowledge and practice. Starting from the 1980 some reforms has been applied in order to improve the physical status of mental health services. However Psychiatric Association of Turkey has prepared draft legislation on "the protection of the rights of psychiatric patients" and proposed to Ministry of Health; there is not a mental health law in Turkey still. Although patients and psychiatrists can reach various pharmacotherapeutical choices, the social services are still scarce and unmet needs of mentally ill people is quite high in Turkey. Another important issue is the number of beds for mentally ill people and the number of psychiatrists. Turkey is at the bottom of Europe for these two parameters. According to the latest numbers, the percentage of psychiatrists per 100000 population is 1.85 and the percentage of psychiatric beds per 100000 population is 14.3 including university departments, public training hospitals, private hospitals, state hospitals and state mental hospitals. Also the numbers of psychologists, psychiatric nurses, social workers and occupational therapists are not enough. Beside insufficiency of resources in Turkey, also clinics and psychiatrists are not equally distributed all over the country. To solve the unequal distribution of psychiatrists in Turkey, government tries to implement mandatory duty for young psychiatrists. This mandatory duty forces young psychiatrists to work in the eastern part of Turkey and this effects the lives of young psychiatrists negatively. Another problem for young psychiatrists in Turkey are the working conditions in state hospitals and the lack of standart education after residency. Implementation of the mental health law and an effective mental health policy is the priority of the professional psychiatric community in Turkey. Also to increase the number of psychiatrists and psychiatric beds is very important for the improvement of the mental health in Turkey.

UKRAINIAN PSYCHIATRY. YOUNG PSYCHIATRIST'S POINT OF VIEW.

Dr Kateryna Zakal

L'viv, Ukraine

Since the break-up of the Soviet Union, Ukraine has experienced economic hardship that has impacted most adversely its citizens' standard of living. Unemployment, bad housing conditions, complicated relationships in families and worsening health - all have contributed to the crisis in emotional health. The growth of mental problems has added an enormous burden to the already stretched to the breaking point Ukrainian health care system.

Ukrainian mental health system renders specialized assistance mainly at in-patient institutions, neglecting out-patient models of medical and social care, thus depriving patients of their right for an adequate integrated care, and further on of social protection and legal support. Creation of out-patient facilities shall improve the quality of psychiatric care and challenge the stereotyped attitude of society towards the mentally ill; help them avoid discrimination; get rid of stigma.

The existing mental health care should proceed to the tactics of forestalling and preventing severe cases of mental disorders. This system has to be all-embracing and out-reaching. Today's psychiatric society of Ukraine concentrates its efforts on adoption of the National Mental Health Care Program, and on making government to recognize the problem of mental health as a national priority issue.

Present-day psychiatric care in Ukraine needs cardinal changes. Young generation of Ukrainian psychiatrists is fully aware of the utmost need of these changes which could provide patients with medical, psychiatric, social and legal support in their communities; help to avoid additional trauma caused by hospitalization; facilitate patients' re-socialization and steady remission; improve quality of their life.

Bibliography:

1. The WHO World Mental Health Survey Consortium. Prevalence, Severity, and Unmet Need for Treatment of Mental Disorders in the WHO World Mental Health Surveys. *American Medical Association*, 2004. JAMA, June 2, 2004 - Vol 291, No 21
2. Annual Statistics Digest of the Ministry of Health of Ukraine, 2004-2006
3. Bromet EJ, Havenaar JM, Tintle N, and others. Suicide ideation, plans and attempts in Ukraine. *Psychological Medicine*, 2007 June; 37(6): 807-19
4. John T. Reeves. Integration of mental and physical health in L'viv Region, Ukraine. *Forum of Psychiatry and Psychotherapy*, L'viv, 2000, v.2