

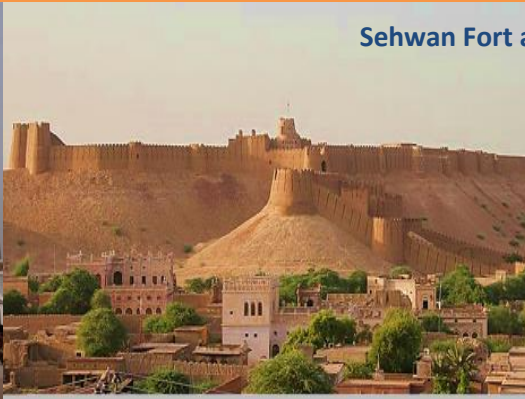


**ONE DAY FREE MENTAL HEALTH CAMP AT SYED ABDULLAH SHAH
INSTITUTE OF MEDICAL SCIENCES (SASIMS), SEHWAN SHARIF**

(FEBRUARY, 22ND 2024)



Shahbaz Qalandar Shrine



Sehwan Fort and River Indus



Khirthar National Park



Manchar Lake

Honorable Chief Minister Sindh Syed Murad Ali Shah



Honorable Minister for Health Dr. Azra Fazal Pechuho



Mr. Rehan Iqbal Baloch

Secretary

Health Department

Government of Sindh

Table of Contents

MESSAGE BY CHAIRMAN SMHA.....	5
EXECUTIVE SUMMARY	6
PARTICIPATING INSTITUTES	7
LIST OF PARTICIPANTS	7
INTRODUCTION.....	8
Objectives.....	9
METHODOLOGY	9
FINDINGS	11
Demographic Breakdown.....	11
Health Conditions Diagnosed.....	12
Distribution of Condition Severity	12
FEEDBACK	13
CONCLUSION	14
RECOMMENDATIONS.....	15
SOCIAL MESSAGE.....	16
HELPLINES / LINKS OF SMHA.....	17
MESSAGE FOR PUBLIC ALERT.....	18

MESSAGE BY CHAIRMAN SMHA

The Sindh Mental Health Authority has conducted several activities in Province Sindh. The Authority has established three Help Lines at Civil Hospital, JPMC and SCJIP&BS, which is working from 9.00 am to 3.00 pm. Till to date around 105 Psychiatrist registered in Sindh. The Sindh Mental Health Authority has developed short, medium and long term plans for the capacity building of the mental health service providers according to the growing need of the population of Sindh.

The Sindh Mental Health Authority has conducted many Researches and published eight (08) Quarterly magazines on Mental health.

The Authority envisages to provide training to Mental Health Stakeholders in all the District of Sindh, which includes Service providers like Doctors, paramedical, LHW etc, system regulators including policy makers, field managers, members of Judiciary, Security personal and civil society on the whole as beneficiary of the mental health system. Till date SMHA covered 22 Districts out of 29.

SMHA also conducted free Psychiatry camps in District Tharparkar (in all 7 Talukas), Thatta, Umerkot, Ketu Bandar and now, at SASIMS. This initiative aimed to address the pressing mental health challenges faced by the community. First time this psychiatric camp has been done in Sehwan, more than 900 patients, including men, women, old peoples and



children were found to be suffering from depression, anxiety and drug addiction that seemed to be associated with rising poverty in the aftermath of floods and Covid-19. These compassionate experts provided comprehensive mental health assessments and treatment recommendations, ensuring that each individual received the personalized care they required and distribute essential free medicines (approximately 2 x 3 weeks). These medications were distributed to the camp attendees based on individual prescriptions, helping to alleviate their symptoms and improve their overall well-being. I am thankful of Dr. Moin Siddiqui, Director, Syed Adullah Shah Institute of Medical Sciences (SASIMS), Sir CJ Institute of Psychiatry and Behavioral Sciences (SCJIPBS) and Liaquat University of Medical & Health Sciences (LUMHS) on behalf of Sindh Mental Health Authority for support and help to organized this camp.

Senator Dr. Karim Ahmed Khawaja

Chairman, SMHA

EXECUTIVE SUMMARY

This report encapsulates the outcomes and strategic insights from a psychiatric evaluation camp conducted on February 22nd, 2024 by the Sindh Mental Health Authority in collaboration with Sir CJ Institute of Psychiatry & Behavioral Sciences Hyderabad, Liaquat University of Medical & Health Sciences Jamshoro and Syed Abdullah Shah Institute of Medical Sciences Sehwan. Targeting the underserved populations in the regions of district Jamshoro (Khirthar mountains and Manchar lake), Dadu, Larkana, Shaheed Benazirabad (Nawabshah), Naushehro Feroze, and neighboring areas of Balochistan, the camp aimed to identify, assess, and provide initial counseling for various mental health issues. A total of 544 individuals were assessed, leading to a comprehensive understanding of the mental health landscape within these communities. The camp not only highlighted prevalent mental health conditions such as depression and epilepsy but also opened avenues for future interventions and policies aimed at enhancing mental health awareness and accessibility.

PARTICIPATING INSTITUTES

Under the umbrella of **Sindh Mental Health Authority (SMHA)** following institute participated in this free medical camp related to mental health.

1. **Sir C.J Institute of Psychiatry & Behavioral Sciences Hyderabad (Sir CJIPBS)**
2. **Liaquat University of Medical & Health Sciences Jamshoro (LUMHS)**
3. **Syed Abdullah Shah Institute of Medical Sciences Sehwan (SASIMS)**

LIST OF PARTICIPANTS

1. Dr. Karim Ahmed Khowaja, Chairman SMHA
2. Dr. Zafar Mehdi, Secretary SMHA
3. Dr. Moin Siddiqui, Director SASIMS
4. Mr. Ali Zulfiqar Memon, Deputy Commissioner, Jamshoro
5. Dr. Nisar Ahmed Sohoo, Medical Superintendent Sir CJIPBS
6. Assit. Prof. Dr. Jameel Junejo, HoD, Psychiatry Deptt. LUMHS
7. Mr. Muhammad Ali Gopang, Assistant Commissioner, Sehwan.
8. Mr. Asghar Ali Solangi, Assistant A.C Sehwan
9. Dr. Zahid Khoso, Deputy Director, SASIMS
10. Dr. Rashid Ali Khoso, Medical Officer, SASIMS
11. Dr. Hameed Bandani
12. Dr. Qazi Humayun Rashid, Senior Psychiatrist Sir CJIPBS
13. Dr. Nelofar Memon, Psychiatrist Sir CJIPBS
14. Dr. Sumaira Channa, Psychiatrist Sir CJIPBS
15. Dr. Rizwan Inayat, Psychiatrist Sir CJIPBS
16. Dr. Humma Agha, Sr. WMO Sir CJIPBS
17. Dr. Muhammad Ali, MO Sir CJIPBS
18. Dr. Prem Kumar Malhi, Anesthetist Sir CJIPBS
19. Dr. Subash, Psychiatry Deptt. LUMHS
20. Dr. Zeeshan, Psychiatry Deptt. LUMHS
21. Dr. Neelkanth, Psychiatry Deptt. LUMHS
22. Dr. Kunwar Rai, Physician SASIMS
23. Dr. Suhail Khan Memon, M.O SASIMS
24. Dr. Shahzad Memon, Neurologist SASIMS
25. Mr. Babar Karmullah, Admin Officer SASIMS
26. Mr. Saadullah Solangi, SASIMS
27. Mr. Latif Khawaja, Health Deptt. Jamshoro
28. Mr. Aftab Memon, Director, SMHA
29. Mr. Majid Khan Solangi, SMHA,
30. Mr. Faisal Umrani SMHA

INTRODUCTION

In light of escalating mental health concerns in rural and semi-urban regions of district Jamshoro, Dadu, Larkana, Shikarpur, Jacobabad, and neighboring areas of Balochistan, the Sindh Mental Health Authority recognized an urgent need for direct intervention. This report details the proceedings and outcomes of a psychiatric evaluation camp held at Syed Abdullah Shah Institute of Medical Sciences Sehwan on February 22nd, 2024. The initiative was a part of a broader strategy to identify the mental health status of stated areas.



Objectives

The primary objectives of the camp were:

1. To diagnose mental health conditions prevalent among the local populations.
2. To provide immediate counseling and recommend further treatment plans.
3. To collect data for shaping future mental health policies and interventions.
4. To raise awareness and reduce stigma associated with mental health issues.

METHODOLOGY

The camp's organization involved a concerted effort from all stakeholders, with the Sindh Mental Health Authority spearheading logistical arrangements and coordination. Through collaboration with psychiatrists from Sir CJ Institute of Psychiatry and engagement with the local administration of Syed Abdullah Shah Institute of Medical Sciences Sehwan, the camp aimed to address mental health issues effectively. The selection of a suitable venue and meticulous planning of logistics, including transportation and provision of necessary resources, facilitated the smooth operation of the camp. Medical staff from Sir CJ Institute of Psychiatry played a pivotal role in delivering a range of mental health services, including consultations, assessments, counseling, and medication management. The local administration's involvement further bolstered coordination efforts and ensured effective community engagement. Throughout the camp, ethical considerations regarding participant was paramount.



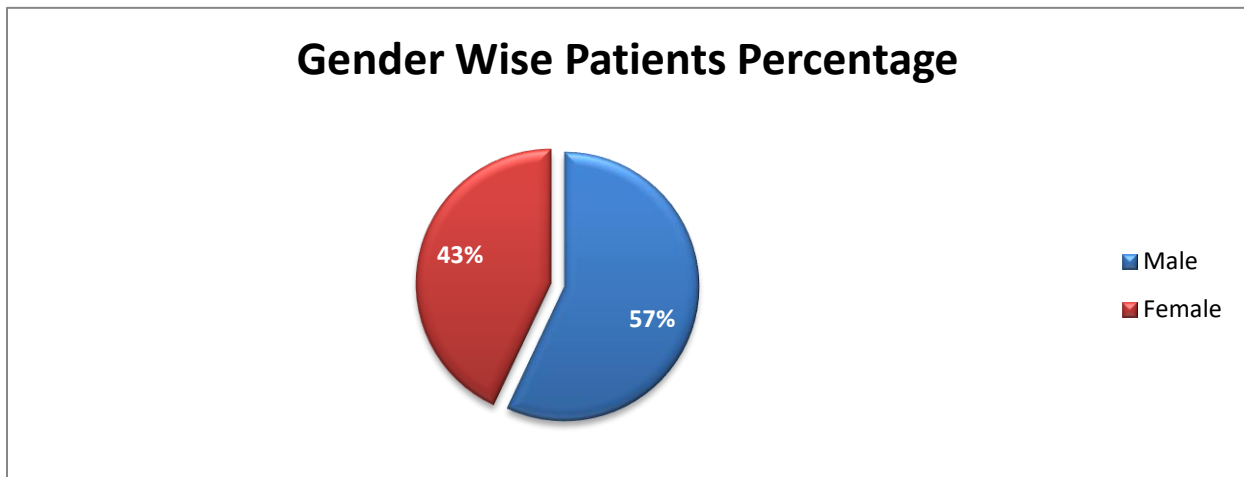


FINDINGS

Demographic Breakdown

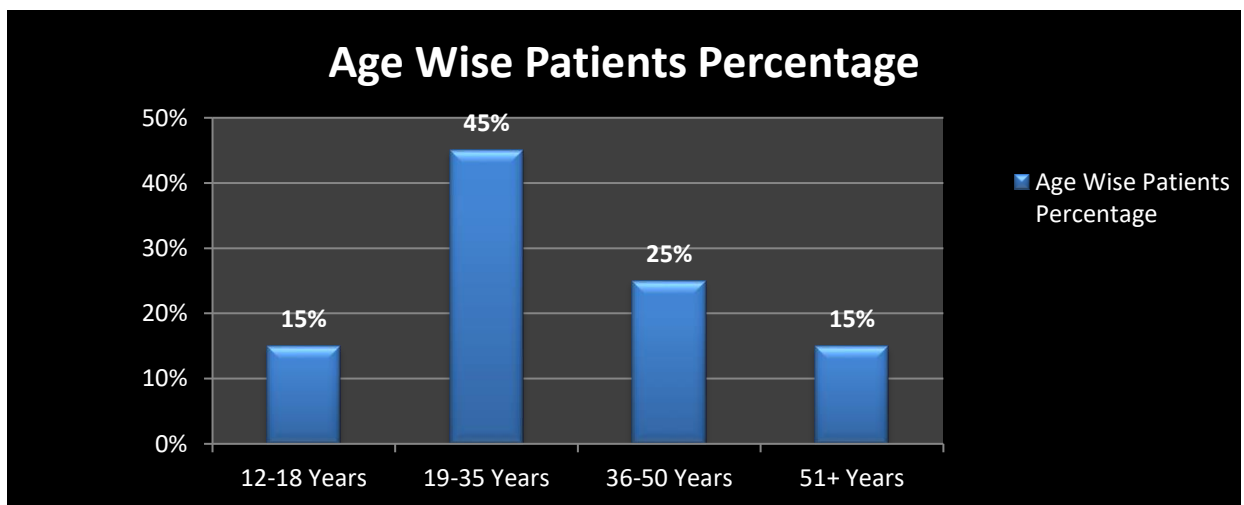
Total Patients Assessed: 544

1. **Gender Distribution:** 57% female (310 patients), 43% male (234 patients).



2. **Age Distribution:** The participants ranged from 12 to 65 years, with the following age group breakdown:

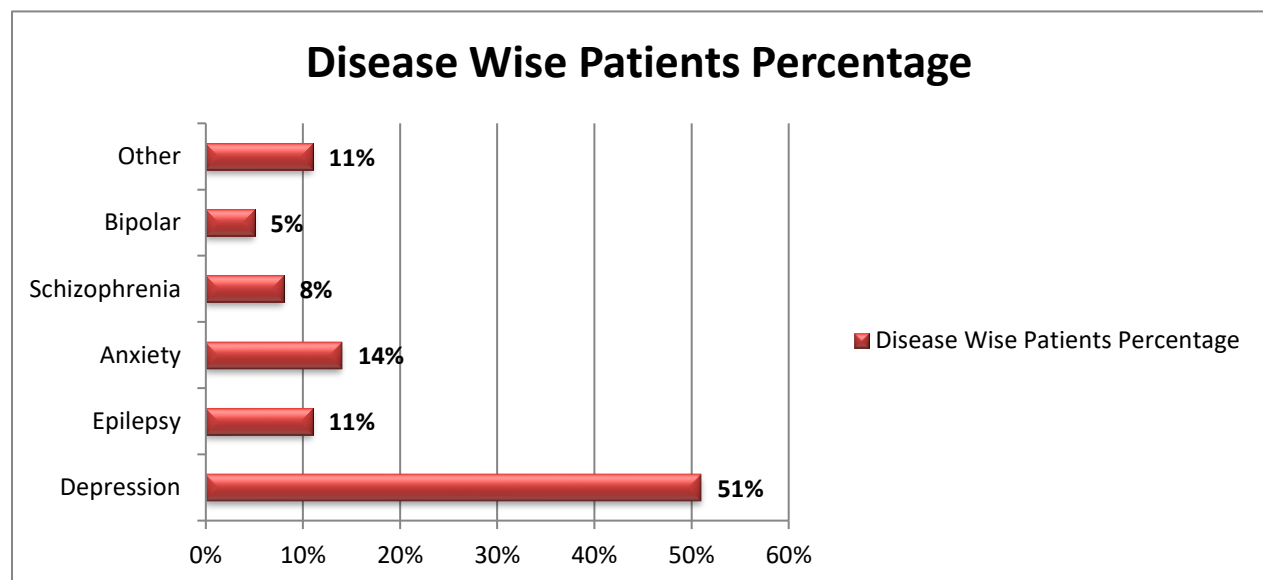
- 12-18 years: 15% (82 patients)
- 19-35 years: 45% (245 patients)
- 36-50 years: 25% (136 patients)
- 51+ years: 15% (81 patients)



Health Conditions Diagnosed

The psychiatric evaluations revealed a variety of mental health conditions, with the most common being:

- ❖ Depression: 51% of patients (277 patients) were diagnosed with varying degrees of depression.
- ❖ Epilepsy: 11% (60 patients) exhibited symptoms consistent with epilepsy.
- ❖ Anxiety Disorders: 14% (76 patients), including generalized anxiety disorder, panic attacks, and social anxiety disorder.
- ❖ Schizophrenia: 8% (43 patients) showed signs of schizophrenia.
- ❖ Bipolar Disorder: 5% (27 patients) were diagnosed with bipolar disorder.
- ❖ Other Conditions: 11% (60 patients) were diagnosed with other conditions including OCD, PTSD, and various personality disorders.



Distribution of Condition Severity

- ❖ Mild: 30% of diagnosed conditions were categorized as mild, manageable with minimal intervention.
- ❖ Moderate: 50% were considered moderate, requiring ongoing therapy and possibly medication.

FEEDBACK

Post-camp surveys indicated that the participants found the camp beneficial and would recommend similar services to peers.



CONCLUSION

The findings also highlight the need for targeted interventions for younger age groups who are significantly affected by anxiety and depression. These findings also emphasize the critical need for regular mental health assessments and the establishment of permanent mental health facilities in the targeted regions. Recommendations for policy changes, increased funding, and community-based programs are proposed to enhance the reach and efficacy of mental health services.

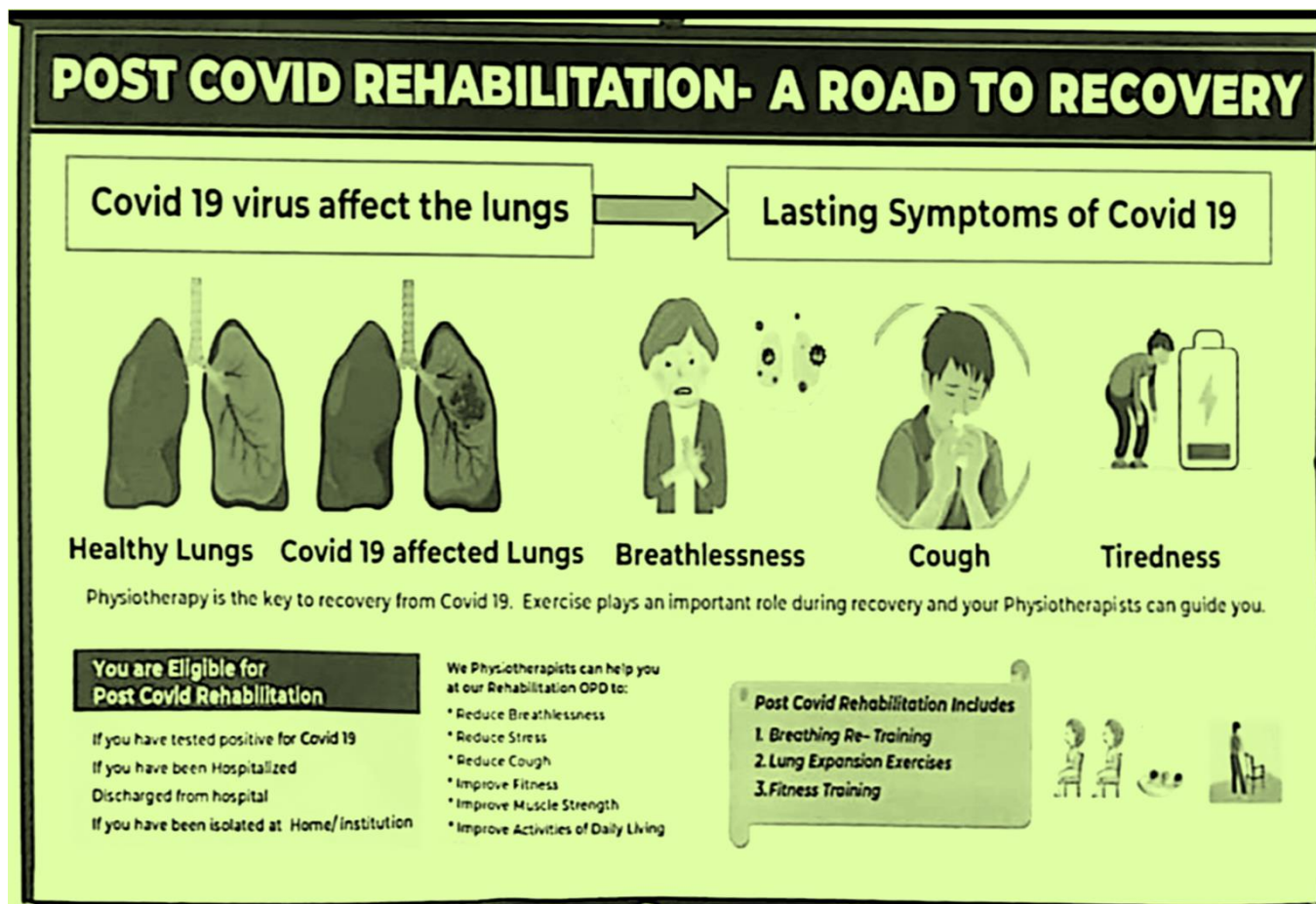


RECOMMENDATIONS

- 1. Awareness and Education:** Launch public campaigns to reduce mental health stigma, educate on disorders, signs, and available help resources. Engage health education officials for sessions on mental health.
- 2. Access to Services:** Increase accessibility to treatments including therapy, medication, and innovative approaches. Train more mental health professionals and integrate services into primary and secondary care.
- 3. Promotion of Mental Wellness:** Encourage practices like exercise, diet, and stress management. Incorporate mental health into workplace wellness and school curricula, promoting the slogan "No health without mental health."
- 4. Community Support:** Foster supportive communities with peer groups, centers, and online forums. Collaborate with governmental and non-governmental bodies and mental health service providers.
- 5. Early Intervention and Prevention:** Implement programs for early identification and intervention, especially for youth. This includes school-based screening, parental workshops, and resilience-building programs.
- 6. Crisis Intervention and Suicide Prevention:** Develop robust crisis services and suicide prevention programs. Train individuals to recognize signs and provide support. Ensure access to helplines, apps, and telepsychiatry for emergencies.
- 7. Addressing Social Determinants:** Tackle factors like poverty, discrimination, and homelessness affecting mental health. Provide access to housing, employment, education, and social services.
- 8. Appoint Psychiatrist and Psychologist:** The lack of Psychiatrist and Psychologist at Syed Abdullah Shah Institute of Medical Sciences (SASIMS), Advise to Government of Sindh, appoint two Psychiatrists and Psychologists there.
- 9. Policy and Advocacy:** Advocate for increased funding and legislation supporting mental health. Protect rights of individuals with mental illness and reduce barriers to treatment.
- 10. Research and Innovation:** Invest in understanding causes and treatments. Support innovation in care delivery like telemedicine and personalized approaches.
- 11. Cultural Competency and Diversity:** Ensure services are culturally sensitive and available in multiple languages. Train professionals in cultural humility.

Social Message

After Covid, patients are not properly recovering from Covid symptoms, so with the consultation of the Doctors, visit this Government Institute for Physiotherapy and Rehabilitation.



Address: Sindh Institute of Physical Medicine and Rehabilitation, Chand Bibi Road, near Dr. Ruth K.M Pfau, Civil Hospital, Karachi.

SUICIDE PREVENTION HELPLINE SETUP BY SINDH MENTAL HEALTH AUTHORITY

Sindh Mental Health Authority created three Mental Health Helplines (021-111 117 642/ 022-111 117 642) at main cities of province of Sindh. The public of Sindh can call from morning 9:00 am to 5:00 p.m. SMHA to run these helpline with the following stakeholders/ partners.

- Helpline Number (022-111 117 642) installed at Sir Cowasji Jehangir Institute of Psychiatry & Behavioral Sciences, Hyderabad with the partners', i.e Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, Sindh University (Department of Psychology) & Charter for Compassion, Pakistan to run the helpline.
- Helpline Number (021 111 117 642) installed at Psychiatry Ward, Jinnah Postgraduate Medical Center (JPMC), Karachi with the partners,'i.e. Department of Psychology, Karachi University, Institute of Clinical Psychology, Karachi University, & Charter for Compassion, Pakistan.
- Helpline Number (021-9921 5720) installed at Psychiatry Ward, Dow Medical College, Dow University of Health Sciences, Karachi with the partners,'i.e. Department of Psychology, Karachi University, Institute of Clinical Psychology, Karachi University, & Charter for Compassion, Pakistan to run the helpline.

Sindh Mental Health Authority also created Tele Psychiatry Helpline at District Tharparkar along with Mithi Civil Hospital & Thar Foundation.

	https://smha.sindh.gov.pk/		https://www.facebook.com/smha.gov
	info.smha@sindh.gov.pk		https://twitter.com/SindhMental
	smha.gov.org@gmail.com		Contact No: 021-35308771-4

عوامی انگاہی کا پیغام

Dementia

النزاع

الزماۃ کی بیماری کیا ہے؟

الزاماً یعنی بھولنے کی بیماری ایک علائق بیماری ہے لیکن اس سے بچنا ممکن ہے۔
اس بیماری میں دماغ کے کچھ حصے مرنا شروع ہو جاتے ہیں۔
جس کی وجہ سے یادداشت اور طرز عمل جیسی صلاحیتیں متاثر ہوتی ہیں۔

آپ کو کب خطرہ لاحق ہو سکتا ہے؟

☆ جانی پہچانی چیزوں اور مقامات کو بھولنا

☆ روزمرہ کی گفتگو کے لیے مناسب

☆ الفاظ بھولنے لگنا

☆ روزمرہ کے کاموں کے لیے بھی مدد کی ضرورت پڑتا

Stroke

فالج

فالج کی بیماری کیا ہے؟

فالج دماغ میں خون کی فراہمی معطل ہونے کی وجہ سے ہوتا ہے۔
یہ دنیا بھر میں اموات اور معذوری کا ایک اہم سبب ہے اور یہ کسی بھی
عمر میں ہو سکتا ہے۔

فالج کی علامات کیا ہیں؟

☆ ٹن ہونے کی کیفیت۔

☆ اعضائی اور بدنی کمزوری، عام طور پر جو جسم کے ایک طرف ہو۔

☆ توازن کا اچانک طے جانا۔

☆ غیر واضح گفتگو، تھوک گرنا، نکلنے میں دشواری، منہ کا ٹیرھا پن۔

☆ نظر کی دھندلاہٹ، غنودگی، کوما۔

☆ تمباکو نوشی ترک کریں۔

☆ باقاعدگی سے ورزش کریں۔

☆ دباؤ پر قابو پائیں اور مثبت رہیں

☆ متوازن غذائی منصوبہ پر چلیں۔

ہم سب کے پاس فالج
سے بچنے کی کیا اچھی
وجوہات ہیں؟

Parkinson's

ارغشہ

پارکنسن (رعشہ) کا مرض کیا ہے؟

پارکنس یں مبتلا افراد کے ہاتھ تھر تھر کاپتے ہیں۔ اور اس وجہ سے وہ روزمرہ کے کام سرانجام دینے میں ناکام ہو جاتے ہیں۔

ہم سب کے پاس ریشہ سے بچنے کی کیا اچھی وجوہات ہیں؟

☆ اپنے نیورو فزیشن کو باقاعدگی سے دکھاتے رہنا چاہئے۔

☆ صحت افزا غذا اور ورزش کا باقاعدہ اہتمام بہت ضروری

- 2 -

Epilepsy

مرگی

مرگی کی بیماری کیا ہے؟

مرگی میں آدمی یک دم بے ہوش ہو کر گر پڑتا ہے۔ بے قراری جیسی حرکات کرتا ہے، ہاتھوں، پاؤں میں تشنج (کھچاؤ) ہوتا ہے۔

ہم سب کے پاس مرگی سے بچنے کی کیا اچھی
وجوہات ہیں؟

☆ علاج کا پہلا انتخاب دوا سے علاج ہے۔

☆ علاج کا فیصلہ ڈاکٹر کے کے مشورے

سے کریں۔

**By: DR. SALMAN FAROOQ,
CONSULTANT NEUROPHYSICIAN
STROKE SPECIALIST**

**National Institute of Cardiovascular Disease
(NICVD)**

Highlights of Chairman, SMHA visited (Ziarat) Shrine of Hazarat Qalandar Lal Shahbaz, Sehwan and Pathan Coffi alongwith SMHA team and others, one day before Psychiatric camp

