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Dr. Olufemi Olugbile
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Prof David Ndetei**

FROM THE EDITOR

I wish to welcome all the members of the African Division, and all our readers, to the new year – 2011. It is a year that carries a lot of promise. Much of that promise arises from the activities and attainments of the last one year (the reward for hard work is – more work)

The focus for the next year for the mental health workforce in Africa is in the areas of creating structures at the grassroots that will provide the basis for effective, accessible mental health care, strengthening partnerships that have been tentatively established, increasing the contacts and interactions between mental health care providers in Africa and in the diaspora, and encouraging the growth and participation of single-issue or general mental health Advocacy Groups on the continent.

The creation of a Primary Health Care Mental Health Handbook is in process as we speak, using materials from the training workshop that was held in Lagos in 2010 for Primary Health Care workers from all the Local Government Areas of the state (reported in the third-quarter edition of the Newsletter). In the same state of Nigeria, a Rapid Assessment is about to commence. This is expected to provide the evidence-base for development of services which will, hopefully, become a model for other places.

The topics covered in this edition of your Newsletter speak with some eloquence to these needs. Professor Roger Makanjuola writes on a public lecture delivered by the advocacy group – CAREMI – on a landmark occasion in the course of the last year. Dr Olayinka Omigbodun reports (in some detail!) on the training workshop on Child and Adolescent Psychiatry jointly organised by the Royal College of Psychiatrists and the West African Postgraduate College. The workshop was a major achievement in the evolving partnership between the Royal College and its Africa-based sister- College, and hopefully a sign of greater things to come. Prof David Ndetei reports on a gathering of Arab psychiatrists in the Sudan.

It all adds to what we hope is an interesting read, and a Work-Plan for 2011.
Enjoy it.

OLUFEMI OLUGBILE”

CAREMI CELEBRATES WORLD MENTAL HEALTH DAY

The Foundation for the Care and Resettlement of the Mentally Ill (CAREMI) organised activities in commemoration of World Mental Health Day in Osun State of Nigeria. A public lecture on Drugs and Mental Health was organised on October 7*. Also arranged to coincide with the day was an essay competition among secondary school students on this year's theme: Mental Health and Chronic Physical Illnesses-The need for Continued and Integrated Care.

The World Mental Health Day (WMHD) is an annual event that was instituted by the World Federation for Mental Health to draw attention to issues related to mental illness and the mentally ill. The World Federation for Mental Health is a global mental health organization with members in over 150 countries

Dr Akinwande O Akinhanmi, an eminent psychiatrist from the prestigious Federal Neuropsychiatric Hospital, Aro, Abeokuta and a WHO Collaboration centre, presented the public lecture on the 7th of October, 2010. The event attracted a large audience of secondary school and university students as well as other members of the public. The programme was chaired by Professor Funmi Togonu-Bickersteth, Deputy Vice-Chancellor of Obafemi Awolowo University, who is a Trustee of the Foundation.

Dr Akinhanmi started his presentation with an overview of the WMHD and the efforts that had gone into reducing the incidence of mental disorders and other chronic conditions. He then gave a concise and understandable presentation on psychoactive substance use, its dangers, its causation and the help available for those affected. The impact of the lecture is well-illustrated by the great number of questions from the audience.

Prizes were presented to secondary school students who submitted entries for the essay competition; more than 50 entries were received out of which six essays were awarded prizes. The two first prize winners were Fiyinfoluwa SOYOYE of Ambassadors College, Ile-Ife and Folafoluwa OGinni of Our Lady and St. Francis Catholic School, Osogbo.

The Foundation for the Care and Resettlement of the Mentally Ill (CAREMI) is a charitable organisation that was established with the vision of constituting a strong force in support of the mentally ill. Its major objectives are to provide assistance to needy, socially and economically deprived clients with mental illness and the promotion of the interests of mental health care delivery through mobilisation and sensitisation of the Community and Governments.

* October 10 is the official date for the World Mental Health Day; however, this was a Sunday and the target audience, Students, would not have been easily accessible on that day.

ROGER MAKANJUOLA

THE WEST AFRICAN COLLEGE OF PHYSICIANS & THE ROYAL COLLEGE OF PSYCHIATRISTS, UNITED KINGDOM ONE -WEEK INTENSIVE COURSE IN CHILD & ADOLESCENT PSYCHIATRY UNIVERSITY COLLEGE HOSPITAL, IBADAN, NIGERIA 11 - 15 OCTOBER, 2010

Pre-Course Arrangements

On November 16, 2009, I received a letter from Professor Roger Makanjuola, a Past President of the West African College of Physicians inviting me to organise a one week intensive course in Child and Adolescent Psychiatry. Amongst other instructions, words of advice and encouragement, he wrote, "It will be hard work, but well worth it". Approximately one year after receiving this letter, the Royal College of Psychiatrists and the West African College of Physicians partnered to deliver a one week intensive course in child and adolescent psychiatry from Monday 11th to Friday 15th October, 2010 at the University College Hospital, Ibadan, Nigeria.

The Royal College of Psychiatrists (RCPsych) and the West African College of Physicians (WACP) signed a Memorandum of Understanding in June, 2008 and a major component of the agreement is collaboration in educational activities. Under this agreement, the Faculty of Psychiatry of the WACP proposed that, a one-week intensive training course in child and adolescent psychiatry be jointly organised by the two colleges. The initial date fixed for this was March 1-5, 2010. Due to the amount of planning involved and the need to fix a mutually convenient time for all resource persons, the date was eventually moved to October 2010.

In the run up to date, several arrangements needed to be made. Colourful posters were made and sent out by both electronic and surface mail. The WACP office in Lagos provided much help and support as so many issues needed to be sorted out such as travel logistics, accommodation, course venue and catering. Several emails were sent to and fro as the programme process and content were drawn. A method was arranged so that participants could register online in order to allow the organisers to estimate how many people would attend. This information was to guide the selection of the course venue and make arrangements for catering. By Friday 8th October, 2010, 38 participants had paid and registered.

Resource Persons

There were 9 resource persons for this course, 5 from the United Kingdom and 4 from Nigeria:

Royal College of Psychiatrists' Team

Ama S. Addo

Dr. Ama S Addo is a consultant psychiatrist for children & adolescents with moderate to severe learning disabilities in Glasgow, UK. Her special clinical interests include Behavioural Phenotype Disorders. She is also actively involved in training medical undergraduates, psychiatry and community paediatric trainees and is a visiting lecturer at the University of Ghana Medical School.

Richard (Dickon) Bevington

Dr. Dickon Bevington's work involves developing outreach services directed at young people and families labelled as "hard-to-reach" by conventional clinic-based services. He currently works as a Consultant in Child and Adolescent Psychiatry with the Cambridgeshire Child and Adolescent Substance Use Service and Multi-Systemic Therapy for Child Abuse and Neglect. In addition to

this, he is seconded for two days per week to the Anna Freud Centre in London, a charity dedicated to the development of innovative practices, evaluation of these, and dissemination via trainings which are offered around the UK and beyond.

Anna Maria Dezsery

Dr Anna Maria Dezsery, worked as a consultant child and adolescent psychiatrist with special interest in learning disabilities in London for 7 years and for the last 14 years as consultant in Cambridge. Over the years, in addition to a continuing responsibility for children and adolescents with a learning disability, she has held consultant responsibility in specialist teams for Attention Deficit Hyperactivity Disorders (ADHD), Autism Spectrum Disorders (ASD) and emotional disorders.

Clare Lamb

Dr. Clare Lamb has a special interest in the treatment and management of early onset psychosis and in the development of services to meet the needs of children and adolescents with psychotic disorders. Clare is a co-author of the Department of Health NHS Plan for Early Intervention in Psychosis for 14 to 35 year olds in England, and a member of the Bipolar Guideline Working Group for the National Institute for Clinical Excellence (NICE). Clare is Vice Chair of the UK Executive Committee of the Faculty of Child and Adolescent Psychiatry of the Royal College of Psychiatrists and Chair of the Child & Adolescent Faculty in Wales.

Margaret Murphy

Dr. Margaret Murphy is currently the Chair of the Faculty of Child and Adolescent Psychiatry within the Royal College of Psychiatrists having been elected in April 2009. She is based in Cambridge and currently runs an outpatient eating disorders service and an ADHD clinic. She also provides a liaison psychiatry service to the regional paediatric haematology-oncology service. She has a strong interest in training and is the training programme director for higher training in Child and Adolescent Psychiatry in the East of England.

West African College of Physicians Team

IkeOluwa Lagunju

Dr. IkeOluwa Lagunju, is a Consultant Paediatric Neurologist at the University College Hospital, Ibadan, Nigeria and a Senior Lecturer in the Department of Paediatrics, University of Ibadan, Ibadan, Nigeria. Her special interest is in paediatric epilepsies and childhood neurodisability. Dr Lagunju is actively involved in the training of undergraduate medical students at the University of Ibadan and postgraduate resident doctors.

Oluwayemi Cecilia Ogun

Dr. Oluwayemi Cecilia Ogun is a chief consultant psychiatrist at the Federal Neuropsychiatric Hospital, Yaba, Lagos, Nigeria. In 1998, the Hospital Management asked her to lead a mental health team to set up a child and adolescent mental health unit in the hospital. This facility stated as the first separate child and psychiatric clinic in Nigeria. She is also the chair of the Hospital's community outreach programme and is involved in mental health advocacy and education to the community and especially through school children. She was recently an international fellow on the observership programme in pediatric psychiatry at the Harvard Medical School at the Children Hospital Boston, Massachusetts, USA.

Michael Olatawura

Emeritus Professor Michael Olatawura, is Nigerian's first child and adolescent psychiatrist. He trained under Sula Wolff a German-born Briton regarded as one of the pioneers of child psychiatry in Britain. He was a collaborating investigator for the WHO International Pilot Study of Schizophrenia (IPSS) (1971-1975) amongst others and was on the WHO expert committee on child mental health and psychosocial development (1976.) He has several publications. Notable among them is a book entitled "The Mental Health of School Children". He was the Chief Medical Director of the UCH, Ibadan and is currently Emeritus Professor at the University of Ibadan.

Olayinka Omigbodun

Dr. Olayinka Omigbodun is a consultant in child and adolescent psychiatry at the University College Hospital and an associate professor in psychiatry at the College of Medicine, University of Ibadan. She has been Chair of the African Association for Child and Adolescent Mental Health (AACAMH) since 2007, in June 2010, was elected President of the International Association for Child and Adolescent Psychiatry and Allied Professions IACAPAP, making her the first African to hold this position.

The Intensive Course

The course started promptly on schedule. As much as was possible the sessions were held such that the UK resource persons partnered with the WACP resource persons. This was extremely useful as there are cultural differences between the societies where the resource persons practiced and many concepts had to be put into the African context.

The online registration process did not do very much for planning for in all, there were 67 participants consisting of psychiatrists, psychologists, paediatricians, family physicians, social workers, nurses, occupational therapists and trainees from these various fields. Participants were drawn from all geopolitical regions of the country with one participant from Kenya.

The comments written by participants on their evaluation forms paint a vivid picture of this intensive course:

"Since this is an intensive course, time was a constraint throughout. The programme is an A grade all through. I congratulate you all"; "The course was intensive. It was also able to show some cultural differences that occur with child & adolescent psychiatry. We appreciate the

efforts of the resource persons & hope there would be more opportunities to exchange information about the practice of psychiatry across different cultures". "Excellent and inspiring", "Especially like the diversity of professionals presented with respect to increase awareness and to help reduce the "workload" on the psychiatrist"; "It afforded me the opportunity to rub minds with experts and to realise the need to form a formidable force to advance the cause of child and adolescent mental health in Nigeria"; "Rich and very informative, quite important for furthering good clinical practice"; "Useful and educative enough to make a change in my practice"; "The lectures have been stimulating and have helped me re-evaluate some of the ways I practice"; "It is rather embarrassing for me to say, but one of the high points of the course for me was the food. It was that good! The tea breaks were well timed to interrupt the descent into slumber. One could always rely on a well timed cup of coffee or a bottle of Coca Cola to keep one alert".

The course was not without its problems:

"Everything went well. What I didn't find funny was the power outage. This often disrupted the visual aids"; "It's a pity that that light was erratic which we could not do anything about. I think next time it will be better to use a hall that will be bigger & well aerated & brighter"; "Not enough time for questions"; "The time was too short"; "Sometimes difficult to follow the accent of the lecturers"; "Water was not running in the toilets".

There were sessions on several key aspects such as cognitive behaviour treatment approaches, mentalization based family therapy, working with drug using youth, epilepsy, neurodevelopmental disorders, psychosis, affective disorders, obsessive compulsive, psychosomatic and post traumatic stress disorders, psychopharmacology, child abuse and neglect, child safety issues and the Child Rights Act. These sessions were delivered through didactic teaching, case discussions and small groups.

Concluding

A couple of weeks later a participant sent in a write up about the course and these are his words: "I have before me now the group picture we took on the first day of the course, before Dickon Bevington left. Seeing all those faces, and reliving again the events of the whole week, one can only conclude that this was one of those career defining, and indeed life defining experiences. I am glad to have been part of it, and I feel much better equipped and motivated to sustain the provision of child mental health services for children in my country". (Niran Okewole)

This I believe captures the impact of the course. For me as the course coordinator, "It was hard work, but well worth it".

OLAYINKA OMIGBODUN

A REPORT ON ARAB FEDERATION OF PSYCHIATRISTS HELD IN KHARTOUM, ON 8-10 DECEMBER 2010

The above meeting took place for the first time in Sudan on 8th to 10th December 2010 at the International Hall, Khartoum. It attracted a wide range of psychiatrists and allied professionals from the Arab speaking World and therefore as expected mainly from North Africa and the Middle East. It was graced by leading luminaries from the World Psychiatric Association led by a Past President, Prof Ahmed Okasha who also happened to be the President of the Egyptian Psychiatric Association and who handed over to the new President Prof Abdallah Abdelrahman, the hosting President of the conference. It was also graced by another senior WPA official, Prof Tarek Okasha also from Egypt. The opening ceremony was very rich and included a representative of the President of Sudan.

My focus was however on the scientific program which consisted of plenaries and then up to 4 parallel sessions over the 3 days of the conference. The programme was very rich, covering areas that were of concern to the day to day practice of psychiatry in the Arabic speaking countries. With the exception of a few, nearly all the deliberations were in Arabic and therefore for a non-Arabic speaking person like me, one had to spend most of the time moving from one session to another in search of an English session or where both Arabic and English were used, which were the exceptions. There was generally little attendance outside the Arabic speaking countries, certainly hardly from Europe and North America but it would not have made a lot of difference if they did not speak Arabic. But there were also many interesting opportunities - one of them meeting old colleagues from Sudan I trained with in UK, who were nearly all practicing psychiatry outside Sudan except one. There are several times more Sudanese psychiatrists practicing psychiatry outside Sudan than those who are in Sudan. In fact one could say majority of those who trained overseas either remained overseas where they trained or went to practice in other more lucrative Middle East countries. The ones who have tended to remain in Sudan are the ones who trained in Sudan. It was gratifying therefore to see many trainees in psychiatry training in Sudan. I was also most privileged to meet the only one psychiatrist recently posted to Juba in Southern Sudan.

Like I have always experienced during my previous visits to Khartoum for Scientific meetings, the Social activities and the hospitality of the Sudanese people was beyond comparison. I am most grateful to the Royal College of Psychiatrists and the Chair, Africa Division of the College for making it possible for me to attend.

DAVID NDETEI

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