

Oct 9-World Mental health Day at JSMU

One third of health problems related to stress and anxiety

“One third of the problems presented by the patients to the doctors are directly or indirectly related to stress and anxiety,” family medicine experts at an awareness session informed the audience at Jinnah Sindh Medical University on Wednesday. The event was organized by JSMU’s Institute of Family Medicine and Continued Medical Education department to underscore the role of family medicine practitioners in managing mental health issues.

Pro Vice Chancellor Professor Lubna Ansari-Baig said that rising rates of suicide in Pakistan painted an alarming picture of the mental health in society. She said that globally one person commits suicide every 40 seconds, and for each adult who kills himself, an estimated 20 others are attempting suicide at the same time. In Pakistan too, she said, 5,500 people killed themselves in 2016 whereas this figure was even higher in 2012 when 13,000 people were lost to suicide. This situation demands that all healthcare providers must be attentive towards signs of mental health issues in their patients, she added.

Speaking on the state of mental health in Pakistan, Dr. Tabinda Ashfaq, Associate Professor Family Medicine at JSMU said that the number of psychiatrists in Pakistan is limited as opposed to the rising incidence of mental health issues in the country. She said that family physicians are the first point of contact for majority of the patients and are managing mental health diseases more frequently because of being accessible to patients.

Dr. Fauzia Akhtar, Assistant Professor Family Medicine JSMU said that it is important for people to know the symptoms and also to know when and where to seek help. Describing the symptoms, she said stress can manifest as headache, anxiety, muscle pain, lack of motivation, upset stomach, sadness, drug or alcohol abuse, fatigue, restlessness, feeling overwhelmed and sleep problems.

Dr. Badar Sabir Ali, Consultant Family Medicine and Psychotherapist, outlined the importance of practicing mindfulness which can increase the ability to relax, produce a greater enthusiasm for life and improve self-esteem.

Professor Riaz Qureshi of Aga Khan University said that stress can worsen common health problems like headaches, diabetes, high blood pressure, heart issues, skin problems, asthma, arthritis, depression, and anxiety. He explained the technique of hypnotherapy as one of the tools used by doctors for reducing stress and anxiety among patients and taught self-relaxation techniques to the audience.

The Vice Chancellor JSMU Professor S.M. Tariq Rafi pointed out that the rising incidence of mental health cases and their impact on other conditions are compounding the healthcare sector's challenges. The Head of JSMU-Institute of Family Medicine Professor Marie Andrades pushed for adopting a holistic approach towards the well-being of individuals for achieving health for large populations. She quoted WHO data which shows that Pakistan has only 0.19 psychiatrists for every 100,000 people, among the lowest in the world. The in charge Continuing Medical Education department at JSMU Dr Rahat Naz explained that the World Mental Health Day is being observed in 150 countries since 1992 initiated by World Federation for Mental Health to draw attention towards mental health issues.

جناح سندھ میڈیکل یونیورسٹی پریس ریلیز

اکتوبر 9, 2019

پاکستان میں ہر تیسرا مریض ذہنی دباؤ سے متاثر ہے

پاکستان میں بیمار پڑنے والے ہر تیسرے شخص کا مرض ذہنی دباؤ کی وجہ سے بدتر ہو جاتا ہے۔ ان حالات میں فیملی معالجین کو بھی ذہنی بیماریوں پر توجہ دینے کی اشد ضرورت ہے۔ یہ بات فیملی میڈیسن کے ماہرین نے جناح سندھ میڈیکل یونیورسٹی کے پروگرام برائے ذہنی صحت کا عالمی دن میں کہی۔ وائس چانسلر پروفیسر سید محمد طارق رفیع کے مطابق ذہنی بیماریوں پر توجہ کم دینے کی وجہ سے پاکستان میں صحت کے شعبے کے مسائل کئی گنا گمبھیر ہو چکے ہیں۔

پرو وائس چانسلر پروفیسر لبنی انصاری بیگ کے مطابق پاکستان میں 2016 کے دوران 5,500 افراد نے خودکشی کی جبکہ دنیا بھر میں اقدام خودکشی کا تناسب اس سے بیس گنا زیادہ ہے۔

انسٹیوٹ آف فیملی میڈیسن کی سربراہ پروفیسر میری اینڈریڈس نے اس موقع پر پاکستان میں ماہرین نفسیات کی کم تعداد پر توجہ دلاتے ہوئے کہا کہ فیملی معالجین کو زہنی بیماریوں کی طرف توجہ رکھنی چاہیے کیونکہ بیشتر مریض پہلے ان کے پاس ہی آتے ہیں۔ آغا خان یونیورسٹی کے پروفیسر ریاض قریشی نے اس موقع پر ہینوسس کے زریعے ذہنی دباؤ کم کرنے کی تکنیک کا مظاہرہ کیا اور اس کے فوائد پر روشنی ڈالی۔ پروگرام سے فیملی اور نفسیاتی ماہر ڈاکٹر بدر صابر علی، ڈاکٹر تابندہ اشفاق، ڈاکٹر فوزیہ اختر اور منتظم ڈاکٹر راحت ناز نے بھی خطاب کیا۔

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