

# EMERGING ISSUES IN MANAGING COMMON MENTAL HEALTH CONDITIONS IN BUSOGA

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# Outline

- The common Mental Health conditions in Busoga region
- Emerging Issues/challenges affecting management of the mental health conditions
- Probable solutions to the issues/challenges

# The common Mental Health conditions in Busoga region

- Schizophrenia ( ilalu)
- Mania (kazoole),
- Psychotic Depression
- Substance/Alcohol related mental conditions
- Epilepsy(Nsimbu)

# Emerging Issues/challenges affecting management of the mental health conditions

The Lay concepts of the Basoga regarding mental Health conditions affect management.

A study by Dr.Catherine Abbo, Dr.Waako Paul and others,with aim of Understanding how lay people view psychosis ( Lay concepts of psychosis in Busoga, Eastern Uganda: A pilot study,2008) had the following findings;

*The Basoga differentiated schizophrenia from mania and psychotic depression, giving names for each disorder and describing the symptomatology and natural course*

❖ *Schizophrenia ( ilalu) was viewed as a more serious illness, with the possibility of not recovering,*

❖ *Mania (kazoole), as less serious mental illness, with normality between episodes.*

# Emerging Issues/challenges affecting management of the mental health conditions

- ❖ *Psychotic depression* was seen as illness caused by too much thinking.
- ❖ Clan/family/cultural issues were mentioned as causing schizophrenia and psychotic depression, while physical causes and a failed relationship with partner/God were mentioned for mania.
- ❖ Other causes were witchcraft, genetics and substance misuse.

Choice of care depended on what was believed to be the cause of the psychotic symptoms and this is where challenges come from.

# Challenges affecting management of the mental Health issues

- ❖ The above lead to failure to seek treatment in early stages of the illness
- ❖ Proliferation of traditional practices like herbalism, witchcraft
- ❖ Social stigma, Myths and misconceptions attached to mental illness
- ❖ Substance abuse
- ❖ Lack of accessible facilities capacity to diagnose and manage mental illness
- ❖ Inadequate drugs supply for management of mental illness

# Challenges affecting management of the mental Health issues cont'd

- ❖ Lack of social amenities and facilities for rehabilitation especially for victims of Substance abuse and alcoholism, the few available are very expensive
- ❖ Staffing norms e.g HC IV structure has only 2 Psychiatric nurses..no Clinical officer
- ❖ - Covid19 has aggregated the stigma, psychosocial stress amidst limited plan for PTSD -psychosocial mgt of Covid19 victims, families
- ❖ - Mental Health hasn't been a priority for IPs
- ❖ Increasing poverty levels and other diseases in the region

# Probable solutions to the issues/challenges

- ❖ Advocate for the review the staffing norms to have e.g HC IIIs to have a Psychiatric nurse
- ❖ SBCC using Interpersonal strategies, social media and radios to address myths and misconceptions
- ❖ Medicine budgets to be enhanced
- ❖ Strengthen peer to peer championship in mental illness mgt
- ❖ Advocate for partners to come on board



Thank You for you time