

BULLETIN

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TSUYOSHI AKIYAMA, EDITOR

ALLAN TASMAN, PRESIDENT

PRESIDENT'S REPORT



I hope all our colleagues are enjoying the early winter season (summer for those in the southern hemisphere), and are preparing for the coming new year. I have just returned from the WPA

International Congress in Melbourne. The meeting was a wonderful experience for everyone attending, and also provided an opportunity for the PRCP Board of Directors to hold a formal meeting. Several items from the board meeting are important to bring to your attention. We heard an update on planning for our next PRCP Congress, which as you know will be held at the Toshi Center in Tokyo Oct 30 – Nov 2, 2008. Professors Noda, Akiyama, and the members of the organizing committee have been doing an outstanding job, and I know

this will be one of our highest quality and best organized meetings in history. Added to this is the opportunity to experience the diverse pleasures of one of the world's major cities. The fall season will also provide opportunities to experience Japan at its most beautiful.

The board also endorsed Shanghai as the site of our 2010 congress, and I know Professor Xiao and colleagues will do an outstanding job as well. It has been many years since we have met in China, and this will be an exciting and most welcome return.

As you know, for many years, our secretariat has been located in the Department of Psychiatry at the University of Melbourne, under the auspices of Professor Bruce Singh, the department chair and PRCP past president. Bruce has recently been promoted to the dean's office, and thus

we must find a new home for our secretariat outside Australia. Our colleagues in Japan have expressed interest in hosting the secretariat, but we are interested in hearing from any member who would like to explore this opportunity.

Finally, but certainly not least important, plans continue to evolve regarding our development of a PRCP sponsored psychiatric journal. Our board unanimously approved authorizing me to negotiate an arrangement with a major international publisher to initiate what is tentatively titled the Journal of Pacific Rim Psychiatry. I hope to have good news on this matter in our next edition of the Bulletin.

With best wishes to you and your families for a peaceful, healthy, and productive new year,

**Allan Tasman, MD,
PRCP President**

SECRETARY-GENERAL'S REPORT



Welcome to the final edition of the PRCP Bulletin for 2007. The PRCP Secretariat has been busy preparing for the PRCP Board meeting which was held on Friday 30 November 2007 in conjunction with the World Psychiatry

Association International Congress in Melbourne, Australia. The meeting was attended by 10 Board members and discussions included the coming PRCP meeting in Tokyo, the development of the PRCP journal, website and issues in relation to the function of the secretariat. Officers of the Board also reported on their activities. Shanghai China has now been confirmed by the Board of Directors as the location for the 2010 PRCP Scientific Meeting and

more information will be available shortly when dates are finalised. The minutes of the Board meeting will also be located on the PRCP website. I would like to thank the PRCP Board members for donating their time to prepare and attend this meeting.

In the wake of the recent disaster caused by the cyclone affecting Bangladesh, the PRCP has committed a donation of A\$500 to the Bangladesh Psychosocial Disaster Relief Fund.

Thank you to the members and fellows who have recently finalised their membership dues. The PRCP has a number of outstanding membership dues and therefore your prompt payment is appreciated.

The secretariat has continued to update

the PRCP website. We would like to invite members and fellows to visit the website at www.prcp.org. Of particular interest is the 2007 membership break-up by country <http://www.prcp.org/history.html> and up and coming events <http://www.prcp.org/events.html>. If you would like to contribute to the PRCP website please email your information to info@prcp.org.

I would like to wish our members, fellows and distinguished fellows a joyful holiday season and look forward to working with you in 2008.

**Associate Professor Chee Ng
Secretary General**

EDITOR'S REPORT



I hope my message will find you enjoying a very relaxing winter holiday.

This edition is full of exciting information. First, President Prof Allan Tasman reports about the 2010

Shanghai meeting and the progress of the Journal of Pacific Rim Psychiatry. Secretary General Assoc Prof Ng reports on the donation to the Bangladesh Psychosocial Disaster Fund. These signify a pivotal progress for the PRCP.

As Innovative Programs in the Region, Prof Harry Minas reports on "iMHLP: The University of Melbourne-Harvard Medical School International Mental Health Leadership Program" and Dr

Philip Morris on the "APEC Meeting in Australia." These are becoming vital parts for the global mental health movements.

Regarding International Conference, we have the "2007 WPA Shanghai Regional Conference CSP Annual Congress" by Dr Grace Tang and Prof Zeping Xiao and "XIXth World Congress of World Association for Social Psychiatry (WASP) in Prague" by Prof Frantisek David Krch. We admire the huge success of these conferences.

For the Young Psychiatrists section, we welcome Drs Ruksheda Syeda and Ashutosh Chauhan for their well-organized reports on "Indian Young Psychiatrist" and "SAARC-Association of Young Psychiatrists and Trainees: Empowering Mental Health." These

are the first reports about the young psychiatrists in the region adjacent to the Pacific Rim.

There are also two notices of the future meetings. One is "The 13th PRCP Scientific Meeting in 2008, October 30 - November 2, Tokyo, Japan" by Prof Fumitaka Noda and "XIV World Congress of Psychiatry (WPA), Prague, September 20 - 25, 2008. History, culture and psychiatry in Prague" by Prof Jiri Raboch. Please do not miss reading these important announcements.

I wish that these articles will keep the PRCP colleagues well informed so that we can better contribute to the development of psychiatry in the region and beyond.

Dr Tsuyoshi Akiyama
Editor

INNOVATIVE PROGRAMS IN THE REGION

iMHLP:

THE UNIVERSITY OF MELBOURNE-HARVARD MEDICAL SCHOOL INTERNATIONAL MENTAL HEALTH LEADERSHIP PROGRAM

The International Mental Health Leadership Program was established in 2001 with the goal of fostering leadership for mental health system development in Asia. The program was designed with valuable advice from senior colleagues in Asia and has benefited from the advice of an International Advisory Board consisting of senior psychiatrists from a large number of Asian countries. While iMHLP was the first program of its kind internationally there are now several programs in a number of countries with similar goals, and the Lancet Series on Global Mental Health has given new impetus to mental health system development in low and middle income countries.

The most important achievement of iMHLP during the six years has been the creation of a network of iMHLP Fellows (89 mental health professionals from 17 countries and territories in the Asia Pacific region) who are committed to mental health system development. This group has the capacity to make major contribu-

tions to mental health in Asia and the Pacific, through research, education and training, and mental health system capacity strengthening. Many iMHLP Fellows play important leadership roles through national and international mental health professional associations, in national institutes of mental health and university departments, in mental health departments of Ministries of Health, in provincial and district health offices, in psychiatric hospitals and community mental health services, and in other institutions. Key future tasks are to:

- strengthen and better support the activities and further development of this network;
- strengthen advocacy for mental health system development;
- encourage and support the dissemination (including peer-reviewed journal publication) of the important products of the work of iMHLP Fellows; and
- deliver the program to larger

numbers of mental health professionals in their own countries.

Several significant developments will contribute to these goals.

The University of Melbourne Master of International Mental Health is the first graduate program globally that has population mental health and mental health system development as its central focus. The core subjects of the program include global mental health (a perspective now given welcome prominence through the Lancet Series on Global Mental Health), mental health policy development, community mental health system design, and mental health systems research.

The 6th annual International Mental Health System Development conference will be held in 2008 in Hanoi. Previous conferences have been held in Melbourne, Beijing, Hong Kong and Taipei. As well as the annual conference numerous targeted workshops have been held in China, Thailand, Taiwan, Cambodia, Vietnam

and other countries. iMHL has highlighted the need for, and has enabled, the establishment of the International Journal of Mental Health Systems (<http://www.ijmhs.com>). This peer-reviewed open access journal will become the key journal for the publication of innovative approaches to mental health system development and the research that will form the evidence base for such development.

From 2008, as well as the Melbourne program, the core elements of iMHL

will be delivered in shorter training blocks in countries in partnership with our colleagues in those countries. Planning is now occurring for such programs to be offered in India, Indonesia, Taiwan, Thailand and Vietnam.

The experience of developing and running the International Mental Health Leadership Program will now be more widely applied as part of the Movement for Global Mental Health that is emerging from the Lancet Series. We welcome the involvement of all our friends who

are members of PRCP in this continuously developing enterprise.

Further information: <http://www.cimh/unimelb.edu.au>

**Harry Minas,
Centre for International Mental
Health, University of Melbourne
Alex Cohen,
Department of Social Medicine,
Harvard medical School**

APEC MEETING IN AUSTRALIA

The Asia Pacific Economic Cooperation group of nations met in Sydney, Australia in early September 2007. This grouping of countries includes many of the world's major nations other than those in Europe, Africa, the Middle East, West Asia and the eastern parts of South America. The presidents or prime ministers of Russia, China, Japan, USA, Canada, the Philippines, Indonesia, Mexico, Chile, Korea, Malaysia, Singapore, Brunei, New Zealand, Thailand, Viet Nam and Chinese Taipei (represented by a senior businessman) were hosted by the Australian prime minister, Mr John Howard. As you can see, the membership of APEC overlaps closely with the countries that make up the Pacific Rim College of Psychiatrists. The meeting was a political success, with the world leaders able to meet face to face to discuss matters of mutual concern and build acquaintances and friendships. The meeting resolved to address the problem of climate change with all nations promising to work towards reducing greenhouse gases over the

coming years. If this commitment is kept, this will come as some relief to the citizens of the member countries. With the gathering of such a prominent group of world leaders the possibility of a terrorist attack was not far from the minds of the people of Sydney and the Australian authorities. A huge security presence was arranged for the meeting with army, navy, air force, and police out in force. Parts of the city were cordoned off from the public to protect the APEC participants. Local protesters marched against the war in Iraq and against global warming, but the heavy police presence meant there were few serious disturbances. On the funny side, a group of TV comedians posing as a Canadian motorcade managed to get through all the security barriers - much to the embarrassment of the security forces! One hopes that Al-Qa'ida" would have had a more difficult time. Despite the threat of a terrorist attack, most of the public reaction was relatively calm. Indeed, the most common complaints by local citizens were of the inconvenience of

road closures and having to stop for the motorcades of the world leaders!

Fortunately there was no public panic or anxiety for medical services to deal with.

The APEC group of countries has meetings all year on different topics leading up to the annual Economic Leaders Meeting which was held in Sydney in 2007. APEC provides a forum that might be considered by the PRCP as a vehicle to advance the field of psychiatry and the mental health of member nations. The overlapping membership of countries in both APEC and the PRCP and the aim of APEC to assist economic, trade and social development of member nations provides our College a unique opportunity to use APEC as a partner to advance education, training, and research and service delivery for mental health care. I hope the Board of Directors will investigate this possibility when we meet in Melbourne in November 2007.

**Dr Philip Morris,
PRCP Board Member
Gold Coast, Australia**

INTERNATIONAL CONFERENCE REPORT

2007 WPA SHANGHAI REGIONAL CONFERENCE CSP ANNUAL CONGRESS

The 2007 WPA Shanghai regional conference/ CSP annual congress took place at Shanghai International Convention Center in Shanghai, China, on 20th-23rd September, 2007. The conference was sponsored by the World Psychiatric Association, co-sponsored by Chinese Society of Psychiatry, and organized by Shanghai Mental Health Center.

The conference brought together totally 1239 participants, including 305 international participants from 56 foreign countries and 934 Chinese participants. The international participants were mainly from USA, Australia, England, German, Austria, Switzerland, Israel, Mexico etc. The officers from Shanghai Municipal government and Chinese National

Health Ministry, the president of Shanghai Jiaotong University joined the congress opening ceremony, and gave address.

The conference offered a total of 800 papers. The conference papers had an acceptance rate of 90%. It also included 4 keynote speeches (Profs. Mezzich, Mingyuan Zhang, Pedro Ruiz, Rerold Rosenbaum), 32 open

lectures, 62 symposia and 20 workshops. The conference presentations gave an excellent overview on "globalization and Mental Health". The main speeches (speakers) were Prof. Juan Mezzich (president of WPA) "Globalization and Psychiatry for the Person", Prof. Mingyuan Zhang (honorable president of CSP) "Globalization and Mental Health in China", Prof. Pedro Ruiz (WPA secretary for meetings) "The Impact of Migration and Acculturation on Mental Health", Prof. Jerrold Rosenbaum (head, psychiatric Dept. of MGH) "The MGH Longitudinal Study of Children at Risk for Anxiety and Depression", Prof. Norman Sartorius (Professor of Psychiatry at several universities, including Prague, London, Zagreb and New York) "Globalization and Mental Health in China" Prof. Nora D. Volkow (president of NIDA) "The Neurobiology of Free Will in Addictive Disorders", Prof. Nada L Stotland

(elected president of APA) "Tension between Religion and Women's Mental Health", Prof. Sheila Hollins (president of British Loyal College of Psychiatrists) "Developing and implementing mental health legislation across the world" and et al. It showed a high level of scientific content which was highly welcomed by all participants.

The congress was success as it increased exchange of information between psychiatrists in China and those coming from all over the world; Improved educational activities in the region, by providing up-to-date information; Boosted collaborative research by bringing together investigators from various parts of the world; Strengthened the links among WPA's Member-Societies; Made psychiatry more visible on the national and on the international levels, and improved the development of the psychiatry in China.

Due to the bad weather conditions, some registered speakers did not show up. Also a few mistakes (especially time and location issues) on the conference book brought some troubles to the participants.

Anyway, most participants expressed their appreciation on the WPA Shanghai regional conference. Also, the LOC thanks very much for WPA EC member's support, thanks for all colleagues form different countries contribution to the congress.

**Grace Tang, Zeping Xiao,
Shanghai Mental Health Center**



XIXTH WORLD CONGRESS OF WORLD ASSOCIATION FOR SOCIAL PSYCHIATRY (WASP) IN PRAGUE

On 21 – 24 October 2007, the XIXth World Congress of World Association for Social Psychiatry took place in Prague under the auspices of WHO, WPA and the Czech Psychiatric Society. The World Association for Social Psychiatry was founded in 1964 by Joshua Bierer with the aim to stimulate and support international co-operation of experts and societies engaged in the field of social psychiatry. Diversity of approaches and sensitivity to certain current topics often reaching beyond the boundaries of psychiatry have become typical features of the congresses, which are usually held every three years. Globalization and diversity was the main theme of the preceding WASP congress in Kobe in Japan.

The key topic of the Prague WASP conference was "Changing World: Challenges for Society and for Social Psychiatry". In total 935 psychiatrists, social workers and psychologists from 65 countries participated in the conference. In four days they had a possibility to attend four plenary sessions, which concentrated not only on the main topic, but also on psychical consequences of migration and poverty, on social determinants of health and on

the specifics of mental health care in Europe, South America and the USA. Among the invited speakers there was the WPA chairman J. Mezzich (New International Diagnostic System for Today's World), N. Sartorius (Fighting Stigma and Discrimination), J. Leff (Migration: Psychiatric and Social Consequences), S. Tyano (Poverty and Child Mental Health), A. Cheng (Migration and Mental Health: a Bio-psycho-social Perspective), H. U. Wittchen (The Size and Burden of Mental Disorders in the European Community).

The conference was opened by J. Raboch on behalf of the Psychiatric Society of Jan Evangelista Purkyne, by F.D. Krch on behalf of the Local Organising Committee and by the WASP president T. Sakuta from Japan. The WASP Executive Committee included also J. Alborada-Florez (Canada), S. Sharma (India) and E. Sorel (USA).

Oral presentations were divided into 45 parallel symposia dedicated to important current issues of social psychiatry. Special sections introduced research programmes like e.g. EUNOMIA, An International Qualitative Study on Stigma, Needs and Informal Care in Schizophrenia, or the OSLOF

study (Norway 1990-2001). Some of the symposia concentrated on specific national or regional issues of psychiatric epidemiology and mental health care. Participants from Brasil, Italy, Japan, Austria, Roumania, Russia, Turkey, the Ukraine, Barcelona and the Mediterranean countries organized individual sections. The programme also included three German symposia dedicated to problems of German social psychiatry and a symposium focusing on transformation of psychiatric care in the Czech republic and post-communist countries, organized by the Czech Section of Social Psychiatry. Many of the contributions discussed such issues as suicide, violence in psychiatric care and stigmatization of psychiatric patients. Two symposia focused on the role of non-profit organizations in the mental health care. The scientific programme was complemented by a social programme, which offered several opportunities for informal meetings and entertainment.

The contributions presented during the Prague WASP conference reflected a very differentiated professional and personal experience of the participants, often coming from socially and culturally very different countries and professional

institutions. The diversity of achievements of the conference. The approaches and different points of future WASP congress will take place view on issues of mental health care in Marrakesh in Morocco. can be seen as one of the major

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FUTURE CONFERENCES

THE 13TH PRCP SCIENTIFIC MEETING IN 2008

30 OCTOBER - 2 NOVEMBER, TOKYO, JAPAN

I am excited to inform you that the 13th Scientific Meeting of the Pacific Rim College of Psychiatrists will be held in Tokyo from October 30 to November 2 in 2008. It will be the second time for us to meet in Japan and it is my great privilege and honor as a president elect and chair of meeting to welcome you back. In the past twenty-five years since the establishment of our organization, we have come to face complicated issues that require more diverse and innovative perspectives in psychiatry as social, economical, and political development face new demands worldwide. As psychiatrists, we need to become more aware and sensitive to the unique needs and challenges that our patients experience. Today, it has become essential to develop strong working alliances internationally and inter-regionally to deliver more effective psychiatric treatment. For instance, international organizations like ours

assumed a significant role in delivering interventions and treatment during crises such as Indian Ocean earthquake and tsunami disaster. It is obvious that the alliances of Asian and Pacific Rim countries in Psychiatry are becoming more and more important. The next conference theme is "Recent Change in Pacific Rim Psychiatry: Evolution of Multicultural and Multidisciplinary Mental Health", and our organizing committee is expecting participants from more than 20 countries. I hope to open a dialogue among ourselves reflecting on the idea of "collaboration" among countries, cultures, and professionals. Around the time of the conference, Japan will be painted in beautiful autumn colors. I believe you will enjoy your trip academically, professionally, and leisurely. Autumn in Tokyo is very enjoyable. It has over seven downtowns that each has its own character. One hour train ride

from Tokyo will take you to Kamakura, often called 'little Kyoto', where you can enjoy a visiting lot of shrines and temples, a huge Buddha and beautiful marine beach. If you want to visit Kyoto, it is less than three hours on the famous bullet train. The time of this meeting will be the best season for you to appreciate Kyoto against a beautiful backdrop of autumn leaves. We plan to have special arrangements for young psychiatrists who have difficulty attending the conference due to the economic conditions in the mother country. We would like to invite as many people as possible from countries in Pacific Rim region. I look forward to wonderful opportunities to meet you in October to November, 2008.

Fumitaka Noda, M.D.
President-elect
Chair
13th PRCP meeting in Tokyo

XIV WORLD CONGRESS OF PSYCHIATRY (WPA), PRAGUE, SEPTEMBER 20 – 25, 2008.

HISTORY, CULTURE AND PSYCHIATRY IN PRAGUE.

Since the Middle Ages, Prague - "The Golden Praha", the capital of the Czech Republic, a gorgeous city built around the Vltava River, has enjoyed the reputation as one of the most beautiful European cities. It flourished and expanded during the epoch of Charles IV (1316 – 1378), the most celebrated of all Czech Kings and a Holy Emperor of Rome. During his tenure, Prague has become the Emperor's residence, and a political centre of Europe. The Charles University was founded by him in 1348; many students, educators and intellectuals from all over Europe were attracted to this, the first university in Central and Eastern Europe. Jan Hus (1371-1415), the rector of the Charles

University and a respected theologian, was preaching here of the reform of the church. Hus was a key contributor to the Protestant movement whose teachings had a strong influence on the states of Europe and on Martin Luther himself. Charles IV body lies in his beloved castle Karlštejn near Prague, which is also the site where Czech crown jewels are stored. Half-day trip to this romantic countryside place as well to the seat of the University Carolinum in the Old Town are recommendable (**Charles IV day**). Wolfgang Amadeus Mozart (1756-1791) composed the opera Don Giovanni for "...the Prague people who understand me..." and finalized it during his stay in the Czech capital.

The world first performance of this opera was on October 29, 1787 conducted personally by Wolfgang Amadeus in the Estates theatre in Prague. We have already made a reservation for two nights, September 21 (**Mozart's day**) and 22, 2008 and the WPA Congress participants will have the possibility to visit this very opera in the marvellous classicistic building of the original Estates theatre. Bedřich Smetana (1824 – 1884), one of the most important Czech composers (Vltava – The Moldau) died on May 12 in the Psychiatric Department in Prague. On the second floor of the building is an honorary tablet laid in 1924 close to the place where he passed away.

There are hot discussions regarding the cause of his death until today. Was it atherosclerotic dementia, chronic infection or paralysis progressiva? During the **Czech musician's day** it will be possible to visit not only his Museum containing authentic paintings and photographs from different periods of his life, but also the Antonín Dvořák (1841 – 1904) exhibition at the baroque-style palace America located close to the Psychiatric Department. Dvořák is the author of the famous New World symphony, which was played by the American astronaut Neil Armstrong on the moon. After saying the well-known sentence: "That's one small step for a man, one giant leap for mankind" he switched on and listened to this music which he brought secretly in a tape-recorder in his space suit. The program of three Prague opera ensembles is very rich and it is possible to visit everyday various operas including Dvořák's Rusalka or Smetana's The Bartered Bride.

It is often said that modern Czech psychiatry developed under the influence of German psychiatry. One of the oldest German psychiatric departments was set up in Prague at the Charles University in 1886. The most important representative of German psychiatry in Prague was Arnold Pick (1851 – 1924). He served as the first head of this Department for incredible length of 35 years. At the same time when Alois Alzheimer in Munich studied presenile dementia, Pick described in Prague his fronto-temporal dementia (Pick's disease) in 1906. During the Congress there will be a possibility to visit the Department to meet local psychiatrists as well as to admire its guest book established in 1834. It starts with the signature of the

Emperor Franz Joseph I. In October 1853 the Department was visited by the well-known English reformer Dault Tuke from York. He wrote "Visited the Asylum with much pleasure and admired the great cleanliness and good order of the Institution". Other important visitors who signed the book were among others by Jan Evangelista Purkyně, Jean Martin Charcot, Julius Wagner von Jauregg or Wilhelm Griesinger.

There is also the signature of Czech journalist and writer Milena Jesenská (1896 – 1944) who was Franz Kafka's (1883 – 1924) girl friend, first translator and first reader of his well-known books, including "The Castle". Kafka belonged to a small group of Prague intellectuals, especially German Jews like Max Brod, Egon Ervin Kisch, Franz Werfel, and Rainer Maria Rilke who lived and created in Prague in the beginning of the 20th century and who did not participate in German-Czech tensions of that time. Kafka's grave could be found in the New Jewish Cemetery in Prague-Žižkov. At the **Kafka's day** a thematic trip will be organized to his museum as well as to other significant places in Prague.

Czech psychiatrist Jan Jansky (1873 – 1921), professor of the Psychiatric Department in Prague tried to find a correlation between mental diseases and blood diseases. He found no such correlation existed and published a study, Hematologická studie u psychotiků (1907, Hematological study of psychotics), in which he classified blood into four groups I, II, III, IV. At the time this discovery passed almost unnoticed. In 1921 an American medical commission acknowledged Jansky's classification (over that of Karl Landsteiner, who classified blood into

only three groups; and was for this (blood types) discovery awarded the Nobel Prize in Physiology or Medicine in 1930). Jansky's classification remains in use until today.

Nowadays we can find in the reconstructed building of Psychiatric Department from 1846 modernised patients wards, day care as well as rehabilitation centres and modern ECT, rTMS and biochemical laboratories.

It is not a common knowledge that Sigmund Freud (1856 – 1939) was born in the region of the present Czech Republic. It was on May 6 in Příbor, a small city in Moravia. His birth house where he spent first three years of his life was recently reconstructed and nowadays there is a museum with exhibition outlining his whole life. At the **Freud's day** a post-congress one day trip will be available.

Nowadays, you can admire not only the historical monuments of Prague but you can also visit great variety of cultural and social events (**Czech life day**) that take place here every day as well as modern shopping centres, stylish restaurant with both Czech and international cuisine and taste well-known Czech beers. A special trip to Pilsner brewery (western Bohemia), the place where golden lager beer was born in 1842 will be organized. In the Pilsner Urquell Beer World or in the Prague special beer restaurant U Fleků from 1499 you will discover the secret of this original and will become acquainted with the renowned special Czech art.

Jiří Raboch,
President of the Organizing
Committee

YOUNG PSYCHIATRIST SECTION

INDIAN YOUNG PSYCHIATRISTS

India has one of the largest number of doctors in training in the world, with 27000 students entering medical school every year [1]. Undergraduate Medical Training is recognized in 269 colleges across the country [1]. Currently there are 300 training posts annually for psychiatry, low considering the demand for psychiatric care in such a large population [2]. 138 train-

ing posts in 71 colleges for MD Psychiatry and 97 posts in 40 colleges for DPM (Diploma in Psychological Medicine) are available [3]. These training posts are spread across various state medical colleges and a few central institutions.

A psychiatric trainee or post graduate student is expected to imbibe the essentials of clinical work. They are also

required to complete a thesis involving research project, which the student plans, executes and writes under guidance of a teacher from within the same department.

The psychiatric training process is on a 2-year (for DPM) or a 3-year (MD) residency system with an exit exam conducted by the trainees' local institute. The system lacks uniformity in

terms of training and examination but shares a lot of issues like irregular and lengthy work hours. Sub-specialties in psychiatry are not yet developed but many young psychiatrists (YPs) hone their skills in their area of interest while training and in the following years.

As the training scheme, working environment and community needs are vastly different; various attempts to synchronize the growth and development of a trainee and young psychiatrists are underway. Keeping in mind the paucity of supervisors, infrastructural challenges and lack of sub-specialty expertise, a number of programs, workshops, CMEs are conducted year round. This initiative is a collective venture by senior colleagues, departments of institutes, organizations etc. The Bhagwat Award by the Indian Psychiatric Society is given to a paper presented at the annual conference of the society, the authors of which are Young psychiatrists or Trainees (YPTs).

Indian Association of Young Psychia-

trists & Trainees (IAYPT), is a recently formed body under the umbrella of SAARC Association of Young Psychiatrists & Trainees (SAARC-AYPT). IAYPT came into existence in October 2007 to provide structure for various disjointed efforts towards the singular goal of enhancing skills of Indian YPTs.

IAYPT is manned by YPTs in a hierarchical format to ensure optimal representation as well as participation by YPTs spread through out the vast country. The country is divided geographically into 4 Zones, the representatives of which will coordinate with the state in-charges under their zone and the national office bearers. A special representative will facilitate efforts with the central institutes [4].

The mainstay of IAYPT goals remain learning by exchanging knowledge. To initiate as well as facilitate research projects, to generate & share a data-bank the YPTs must be trained at par. Towards these ambitions the IAYPT in collaboration with SAARC-AYPT will conduct training workshops and seminars for the YPTs. IAYPT is indeed a

beginning of a new era.

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- [4] Constitution - Indian Association of Young Psychiatrists & Trainees

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YOUNG PSYCHIATRIST SECTION

SAARC-ASSOCIATION OF YOUNG PSYCHIATRISTS AND TRAINEES: EMPOWERING MENTAL HEALTH

The SAARC Association of Young Psychiatrists and Trainees (SAARC-AYPT), is the brain child of the WPA young fellows for the IC Istanbul 2006, representing Zone XV and XVI of the WPA. The organization is the first of its kind in the region having been inspired in ideology by organizations like the WAYPT and SPF. The South Asian Association for regional cooperation (SAARC) formed in 1985, comprises of eight member states namely Bhutan, Bangladesh, India, Maldives, Nepal, Pakistan, Sri Lanka and Afghanistan. The SAARC (South Asian Association for Regional Cooperation) nations are developing countries with inadequately developed Mental Health Services. Home to one fourth of the world population and one fifth of its psychiatrically ill patients (1), the South Asian region has a disproportionate ratio of demand and supply of mental health manpower

and delivery systems.

The concept of the organization from its vision to its formal inception, at the first international conference of Asian Psychiatry, Goa, India in August 2007 took one year of hard work, networking, sleepless nights and the occasional jitter's!

The definition of a Young Psychiatrist (YP) follows WPA norms. SAARC-AYPT, a socio-academic organization, is a network of YP cognizant of the diversities in cultural, religious, political, geographical arenas of the region who accept that these factors influence Mental Health.

One of its priorities is to identify and create a forum of YPs in the region on the basis of their research interests which in turn would help us link specialists and trainees to generate an indigenous database along with certain academic initiatives like the 'mentorship program'.

The SAARC-AYPT has adopted a "Top Down" approach to overcoming the political and geographical barriers in initiating & encouraging formation of individual nation YPT organizations in the region, and a "Bottom Up" approach towards realizing the long term goal of forming an international network in Asia & beyond.

At the time of submission of this article for publication, the organization has 35 members spanning across 5 nations. We were successful in electing the National Chapter Representatives from each of these countries and were able to inspire countries like India and Bangladesh to form their YP's organizations. The current membership status as of 26/11/2007 is as follows:

India – 15, Nepal – 5, Sri Lanka - 4, Pakistan – 3, Bangladesh – 2. Maldives, Bhutan, Afghanistan - To our knowledge, no YPTs exist in these

countries.

Our activities for the last 3 months include,

- Communication with all SAARC nations' YPTs and acquainting them with the association.

- Preparing the constitution, which has been drafted and approved by all the E.C members

- A workshop titled 'Globalization & the Evolving Indian Adolescent' was conducted by 3 members in November at Mumbai

It is heartening to see the enthusiasm and support garnered by our organization. We hope to stir up and motivate passionate fellow YPs and create a movement that harnesses young talent towards constructive research activities in service of Mental Health.

Reference:

Jitendra K Trivedi., et al. Regional Cooperation in South Asia in the field of Mental Health. World Psychiatry, 2007; 6(1): 57-59.

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PRCP 2006 RESEARCH AWARD

CORRELATION BETWEEN METABOLIC SYNDROME AND COGNITION IN THE ELDERLY

Background: Purpose of this study was to find out the effect of ApoE genotype on the relationship between metabolic syndrome and cognition of the elderly in community.

Methods: A total of 949 subjects (298 men and 651 women) aged 60-91 years were analyzed from 2,137 subjects of GDEMCIS (Gwangju Dementia and MCI Study). The metabolic syndrome was assessed as defined by the modified NCEP ATP III (National Cholesterol Education Program Adult Treatment Panel III). Study question-

naire consisted of demographic characteristics, current and past illness history, drug history, K-MMSE (Korean version-Mini Mental State Examination). We also examined ApoE genotype and analyzed associated factors with metabolic syndrome.

Results: Metabolic syndrome was present in 64.3% of the subjects (45.6% of men and 72.8% of women). On multiple logistic regression analysis, low serum HDL cholesterol was associated with an increased risk for cognitive impairment (K-MMSE

score \leq 17) after adjusting for age, sex, educational level, smoking in the presence of ApoE ϵ 4 allele (OR 0.97, 95% CI 0.94-1.00).

Conclusion: These results suggest that serum HDL cholesterol may affect cognitive function in the elderly in the presence of ApoE ϵ 4 allele.

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