

Rythm - To Regain the Right Rhythm

Rythm

Comprehensive
Mental Health Programme
An initiative of IQRAA Hospital

Mental health is an integral component of health, which is defined as a positive state of well-being (physical, mental and social) and not merely an absence of illness. Mental health is important at every stage of life because it is a vital part of our lives and it impacts our thoughts, behaviours, and emotions. Though physical and mental health are equally important people are generally more focused on remaining physically healthy and in most cases completely neglect mental health.

In India, mental disorders contribute most to the non-fatal disease burden. WHO estimates that the burden of mental health problems in India is 2443 Disability-Adjusted Life Years (DALYs) per 10,000 population, the age-adjusted suicide rate per 100,000 population is 21, and the economic loss due to mental health conditions, between 2012-2030, is estimated at USD 1.03 trillion. Depression and anxiety disorders are the commonest mental disorders with 45-46 million people suffering from each and their prevalence is increasing across India, especially in the southern states.

A mental health disorder is perceived with a sense of judgement and a stigma associated with those having mental health issues. Mental disorders are also considered as being a consequence of a lack of self-discipline and willpower. The stigma associated with mental health and lack of access, affordability, and awareness lead to significant gaps in treatment. So it is critical for us to address these

barriers to ensure the right to mental healthcare, especially for vulnerable sections of society.

'Rythm' is a comprehensive mental health program, a new initiative of the IQRAA international hospital and research centre that aims to provide various psychiatric services to vulnerable sections of society. Under 'Rythm', we are conducting various mental health projects in the areas of community mental health, campus mental health, consultation-liaison psychiatry, and orphanage mental health.

Rythm - Community Mental Health Programme

Rythm - community mental health program by IQRAA International Hospital and Research Centre aims to ensure quality mental health services at the community level. Under this programme, we support people with mental disorders by providing comprehensive mental health care including psychiatry outpatient units in the community, home-based clinical services for those who prefer/need it with the help of community volunteer participation, and telehealth services. We also take proactive steps in promoting the general physical health of people living with mental illness by conducting regular health check-ups and appropriate referrals. The whole programme is guided by the right-based approach to mental health care that considers not only symptoms but also a person's autonomy and confidentiality. Also, we make sure that people living with mental illnesses and their families take an active role in their own recovery rather than remaining passive recipients of services.

We strongly believe that a comprehensive integrated approach is crucial to ensure the long-term well-being of people with mental health problems. By understanding this we give rehabilitation programs for persons with mental illness and constant psycho-social support to their family members. We also promote mental health awareness among the general population because knowing more about how the illnesses work, and the effect that they have on people with mental illness, can help to build

empathy and reduce stigma among them.

At present Rythm-community mental health programme is implemented in Wayanad district in collaboration with 'My Home' Hospice Centre Sulthan Bathery and in Calicut district in collaboration with Hridayardam Foundation Koduvally, Iqraa-Thanal, Kinassery, and Wahda Foundation, Engapuzha.

Rythm - Campus Mental Health Programme

College is a critical developmental stage that is heavily laden with numerous challenges in the academic, social, and personal domains. Hence mental health problems are very common among this populations. There are numerous reports from around the world indicating that college students have higher rates of depression, anxiety, and substance use. It is estimated that 75% of people with severe mental illness will have significant symptoms by the age of 25. As a



result, a subset of students is more likely to develop a severe mental illness during their college years. It is therefore critical to develop strategies to increase treatment seeking, reduce stigma, and increase awareness of substance use issues, with active engagement with college students. Hence the Rythm team is implementing campus mental health programmes with the goal of reducing college students' mental health issues by providing educational programs and workshops by mental health professionals including psychiatrists, psychologists, and social workers. At present, we are conducting mental health awareness programs at various colleges in the Calicut and Wayanad districts.

Rythm - Orphanage Mental Health Programme

India is home to 20 million orphans and orphan children face many psychological disorders due to traumatic life events such as parental loss and neglect and are prone to develop mental health issues even if brought up in well-run institutions. At the age when they need much





support orphanages to create child-centered, right-based mental healthcare services. This programme to promote a child-friendly environment in orphanages is being implemented by a multidisciplinary team including psychiatrists, psychologists, and social workers.

Rythm - Consultation-liaison Psychiatry Programme

support from their parents and siblings to cope with physical and emotional development, the loss of their parents makes them more prone to psychological disorders. However, the mental health needs of children living in orphanages are often neglected, leading to significant mental health problems in many of them. By understanding the significance of the mental health needs of children living in orphanage settings, we aim to increase awareness about their mental health by providing educational programs to all stakeholders, mainly caretakers, and management staff, and also

There is a dynamic interrelation between mind and body. Liaison psychiatry is a subspecialty of psychiatry that incorporates clinical services, teaching, and research at the borderland of psychiatry and medicine. It focuses on the care of patients with co-morbid psychiatric and general medical conditions and it works at the interface between physical and psychological health, providing psychiatric care to medical patients. People with chronic medical conditions such as chronic kidney diseases and cancer, often suffer from various psychiatric conditions. However, a

huge number of people with chronic diseases are not getting adequate psychiatric care. A multidisciplinary team effort is often needed in treating patients with chronic medical problems with co-morbid psychiatric conditions and mental health professionals may need to collaborate with respective physicians for holistic management of such patients. To reduce this treatment gap, Rythm liaison with medical specialties, especially nephrology and palliative care, to provide regular good quality mental health service to people with medical co-morbidities.



Nutritional Care – the right to be fed

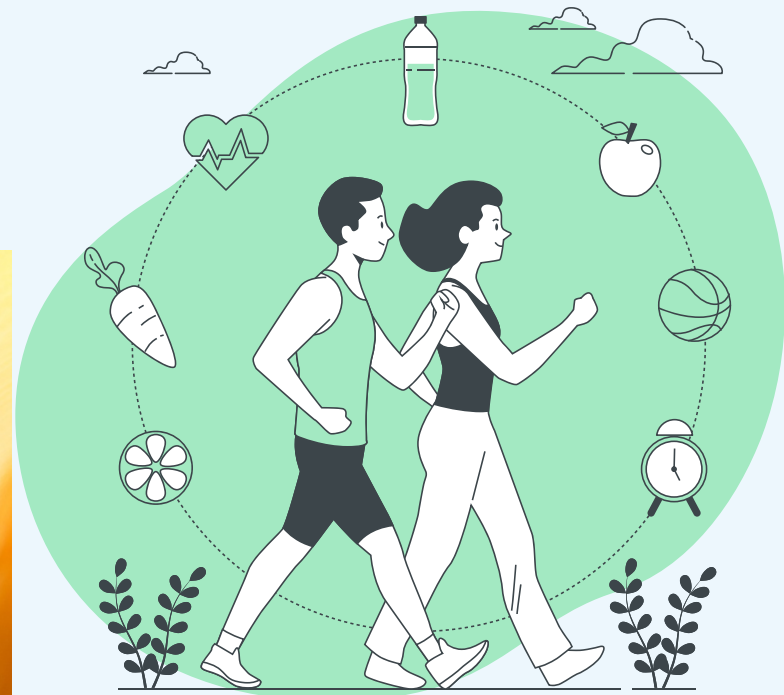


Malnutrition (micronutrient deficiency, undernutrition and overnutrition) is a universal concern and a major contributing factor for disease burden. Though we have goals and guidelines for addressing malnutrition under United Nations Sustainable Development Goals (SDGs), disease-related malnutrition has not taken a notice. This remains unaddressed due to various factors like ignorance, lack of awareness in practice etc. The right to nutrition care needs to be made a universal right as an integral part of the right to health as an aftermath of the yearlong campaign in connection with 75th anniversary of the United Nations' "Universal Declaration of Human Rights (UDHR)".

Right nutritional care is the key aspect in disease related malnutrition, which is interrelated to right to

food and right to health. Right to nutritional care focuses on screening for malnutrition, nutritional diagnosis and assessment of disease-related malnutrition and food and evidence-based medical nutrition therapy. Medical nutrition therapy should be done by an expert or dietitian, who is an integral part of a multidisciplinary team, thereby ensuring best possible nutrition to the ill. Most importantly regular accessibility to therapeutic diet can never be overstated. Research and education, creation of institutional culture that prioritize and value optimum nutritional care, actions for improving nutritional care and prioritising economic aspects need to be well identified and addressed.

The United Nations recommends Human rights-based approach (HRBA) as a key component to achieve right to nutritional care. Human dignity and ethical aspects like individual



freedom, socio-cultural and religious beliefs are always to be considered while feeding the sick. The responsibility of caregivers to fulfil the needs can be attained by identifying objectives of the ill person. This will help to bridge the gap between patients and caregivers.

Quoting Dr. Jonathan Max Mann, "Health and human rights are complementary approaches for defining and advancing human well-being. The goal of linking health and human rights is to contribute to advancing human well-being beyond what could be achieved through an isolated health or human rights-based approach (HRBA)".

Fida Jabir

Dietitian,
Department Clinical Nutrition and Dietetics

References

- Human Rights Day – United Nations
- Aspen - Clinical Nutrition and Human Rights. An International Position Paper
- Is nutritional care a human right?
Diana Cardenas, Charles Bermudez, Sonia Echeverri
- ESPEN - Nutritional care is a human right, International working group for Patients' right to nutritional care.
- Nutritional care is a Human Right – optimum nutrition for all.

Your Mental Health is Indeed Your Human Right!

As human beings, our health and the health of those we care about is a matter of daily concern. Regardless of our age, gender, socio-economic or ethnic background, we consider our health to be our most basic and interdependent one. The promotion of mental health and human rights are mutually reinforcing: when human rights are respected,



protected and fulfilled, a person's mental health is also supported.

Why is so little attention given to mental health care?

Studies show that one in four people will be affected by a mental health condition throughout their lifetime. The answer may lie in persistent stigma and discrimination. The experience of

persons with mental health conditions is shaped by the marginalisation of mental health in laws and public policy.

Mr. Dainius Pūras, the UN right to health expert, pointed out that despite evidence that there cannot be health without mental health, nowhere in the world does mental health enjoy parity with physical health in terms of budgeting, or medical education and practice.

In his report, Pūras cites WHO estimates from 2014 which indicate that, globally, only seven percent of health budgets are allocated to address mental health.

People with mental health conditions around the world are exposed to a wide range of human rights violation. They are often ostracized from society and fail to receive the care they require or the services and support they need to lead full lives in the community.

The Current Picture of Mental Health Globally from the OHCHR Report Globally, mental health does not enjoy parity with physical health in terms of budgeting, or medical education and practice. Stigma is a significant determinant of quality of care and access to the full range of services required by persons with mental health conditions. Almost two thirds of persons with mental health conditions will not seek treatment for their condition. Poor mental health is a predisposing factor for physical health problems. Persons with mental health conditions have a much-reduced life expectancy compared with the general

population, with an estimated drop in life expectancy of 20 years for men and 15 years for women

Mental health is coming out from the shadows and recent reports from global health organizations identify mental health as a global priority. There have been recommendations internationally focussed on increasing primary-care and community-based mental health service delivery, prevention, and promotion initiatives.

Respecting that diversity is crucial to ending discrimination. Peer-led movements and self-help groups, which help to normalize human experiences that are considered unconventional, contribute towards more tolerant, peaceful and just societies. Let the abnormal strive for the insane normalities of our world.

Maleeha Usman Eroth
Patient Counsellor

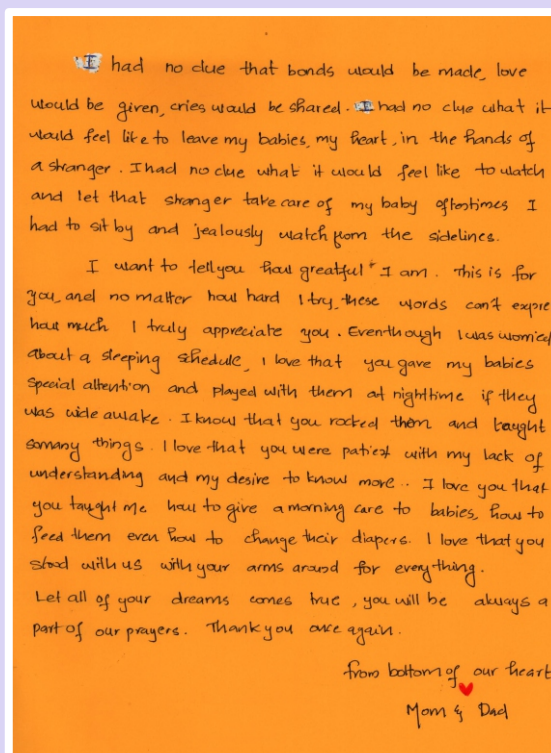
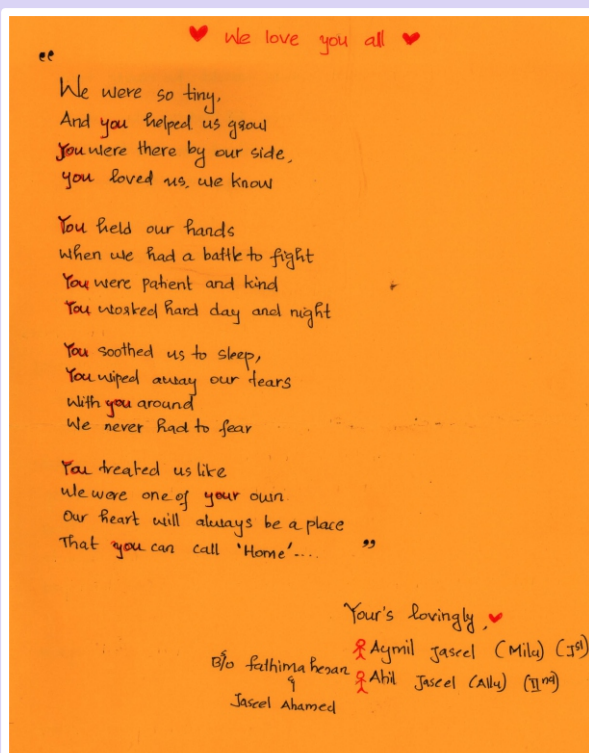
References:

- <https://www.ohchr.org/en/health/mental-health-and-human-rights>
- <https://www.apa.org/international/pi/2018/12/mental-health-rights>
- <https://www.ohchr.org/en/special-procedures/sr-health/right-mental-health>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5282611/>
- <https://www.hhrjournal.org/2020/06/mental-health-as-a-basic-human-right-and-the-interference-of-commercialized-science/>
- <https://www.who.int/news-room/questions-and-answers/item/mental-health-promoting-and-protecting-human-rights>
- <https://cmha.ca/brochure/brief-mental-health-as-a-human-right-cmhas-vision/>

Feathers in Our Cap

Letter from the Tinies

Two tinies came out of their mother's womb when they were only 26 weeks old. The twins are doing very well now. A note from the parents on behalf of the neonates thanking the doctors who took care of them.



S SHIJILDAS das

★★★★★ 2 weeks ago

When we had come to Iqraa from another hospital with our preterm baby, we hardly had any hopes left about her... But the incredible neonatal team lead by Dr. Shabeer and Dr Rahul did an immensely wonderful job which resulted in us carrying our healthy baby back home today after her 40 days stay in Iqraas NICU...Sincere gratitude to the entire team especially Dr. Shabeer. Dr Rahul. Dr. Sulaikha, Dr Arya, Dr Anjana Dr Anand and other doctors... Worth every penny paid for our baby ...Look no further, have no doubt all those parents who are stressed with a premature delivery or immediate after birth problems... The NICU nurses and staff make sure to take care of all your requirements without hesitation or delay..They consider each baby to be their own... With such an experienced team under the leadership of Dr Shabeer you will never regret your decision of Choosing Iqraa Neonatology ...Thank you very much all Doctors and nursing staff for your hard work and dedication during the most difficult phase of our life...

Arishma Shijil

Like Share