

IAPA/Nov 05

Special Interest Articles:

❖ **Annual Conference**

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Annual Conference in Sydney

IAPA has done it again. The **2nd annual conference** is to be held in Sydney this year and promises to be even bigger and better than its predecessor. It is a testament to the regard and influence of our committee that this coming conference will yet again be attended by influential psychiatrists from around the world. It was decided to use Sydney as a venue, so as to acknowledge the presence of a large body of IAPA members in the state of New South Wales, use their expertise, and showcase a different part of the country to our international guests. All strength to Prof Sachdev, Dr Gin Mahli and Russell D'Souza who are actively working to make this event a success. All indications to date are that the conference will be a smash hit with some 30 invited speakers.

As you can see the conference is co-sponsored by the **World Psychiatric Association**, in collaboration with a number of other bodies, including the **South Asian Forum on Mental Health and Psychiatry** (UK chapter), **Indo-American Psychiatric Association**, USA, **British Indian Psychiatrists Association**, UK, and the **Indo-Canadian Psychiatric Association**, Canada. There will be a number of themes to this conference including that of global mental health given the essentially international nature and ramifications of large natural disasters, the role of culture in the presentation and amelioration of mental disorder and the continuing theme of spirituality. As you can see from the conference brochure, neither family nor culture is ignored. There will be special sessions (yoga & meditation) as well as the gala entertainment night. Trainees will yet again benefit from the special exam sessions.

The IAPA AGM will be held on the 26th Nov during the lunch interval. Members are encouraged to attend.

Tsunami Disaster and response

On December 26th 2004 a massive undersea earthquake, resulted in a violent rupture of the sea floor along a fault line some thousand kilometers long, close to the Indonesian island of Sumatra. It is estimated that as a result of this rupture the sea floor was elevated 10 meters, resulting in a massive rapid displacement of water – the tsunami- which then fanned out devastating a number of Indian Ocean islands and fringing continents. There was little warning, and massive loss of life. Countries, both affected and otherwise, as well as organizations from all around the world gave generously of time and money.

Australia was in the forefront of efforts to help our neighbors in Indonesia. Work to ameliorate the effects of this great disaster still continues. As mental health professionals, we are all aware that the psychological damage from such disasters can be the 'afterwaves'. The effects will continue to disrupt the affected populations for a long time to come resilience notwithstanding. It is almost impossible to understand the magnitude of difficulties faced by these populations including loss of life, disruption of family networks, wiping out of entire villages, destroyed road and rail networks etc. IAPA by the 30th of December, wrote to the Hon. Minister ...2



Khao Lak, North of Phuket
Volunteers sorting bodies
preparatory to DNA
sampling and storage

Tsunami Disaster

...Tony Abbott, and offering our sympathy, support and the expertise of members. Since that time IAPA office bearers have been working with a number of local and international organizations including the WPA, IPS and local professional bodies within the affected countries. It has also been able to work with a number of eminent members of the local and overseas psychiatric community with expertise in mass disaster management.



A news shot of the wave bearing down

Tsunami efforts: email traffic – a small sample

IPS Task Force for Tsunami Disaster Relief

Dear Colleagues,

The Tsunami Disaster has been one of the worst to affect South Asia in history, which has left nearly 200,000 people dead. The number of people who died is estimated to be nearly 100,000 in Indonesia, 30,000 in Sri Lanka, 20,000 in India and 10,000 in Thailand which were the worst affected countries. Many other countries in SAARC and ASEAN regions have also been not spared. In India, our members and Fellows are in the forefront of relief efforts especially in Tamil Nadu, which was the worst affected State and also in Kerala, A.P. and Pondicherry.

Our President JK Trivedi has now constituted a Task Force to co-ordinate our efforts

Subject: Re: South Asia/Indian Ocean Disaster update

Dear Eliot, colleagues and dear friends

Thanks for the e mail. We are all well by the grace of God ! I am trying to coordinate psychosocial help for the 7 countries in my Zone, India, Bangladesh, Myanmar, Thailand, Sri Lanka, Malaysia and Indonesia. This is mostly in material and guidelines for psychiatrists and volunteers. We are in receipt of material from Prof Murthy who has experienced this type of earthquake disaster Mx in Gujarat and has a manual that he wrote, Allan Tasman who sent a book on children's intervention techniques, and our Australian colleagues who are sending material too from their experiences in disaster Mx. The newly formed Indo-Australian psychiatric Association is working hard to organise help for their neighbours up north

Already Psychiatric teams from Malaysia, Thailand and possibly Indonesia are in the disaster zones of their countries helping, in addition to the thousands of donors contributing material and physical help and fleets of planes and ships pouring unto the disaster areas from neighbouring countries. Language is a problem in psychosocial interventions. Indonesia teams from Brunei, Malaysia and Singapore will find their common language skills helpful. However in Thailand it is largely the 350 or so Thai psychiatrists who will bear the brunt of the care and aid in the psychosocial areas. In Sri Lanka there are very few psychiatrists (30 for 19 million) but a very large number of the people speak English. The Indonesians have less than 100 psychiatrists in Sumatra and perhaps a dozen in the north where the tsunami struck

We are awaiting help from WHO as well as WPA Disaster Section in the form of material that will be useful.

M P Deva - Zone XVI South Asia Rep WPA



IAPA TSUNAMI EFFORTS

IAPA has placed men on the ground in Sri Lanka with a number of successful visits already complete. Dr Carlyle Perera has been active in the Galle region working with the University of Ruhana to set up a local Child and Adolescent unit to help deal with the fallout in children of this disaster, and to cater to their mental health needs into the future. Associate Professor Suresh Sundram has been busy in the Batticaloa- Jaffna region. He has been working with the only local psychiatrist and Professor Somasundaram of Jaffna in a teaching training and capacity building role. The visits have been highly successful and followed up by further visits from Dr D'Souza, Dr Mahendra Pereira and others within the IAPA family.

Additional expertise has been available in the form of Prof Beverly Raphael an IAPA member/ Mental Health member of the Australian Health Disaster Management Committee and Prof Bruce Singh who are coordinating and attending these initiatives.

Professor Bruce Singh



Over the last few months we have had discussions with colleagues at WPA, Pacific region and Asia region. It was suggested by a number of key leaders of these regions and WPA that Prof Singh President of IAPA & ASAP should be nominated for the WPA Zone Representative of Region 18. This would enable us to work towards a positive mental health vision in the Pacific South and East Asian region After due consideration, Prof Singh agreed to take on the position. IAPA & ASAPF have written to the President of the WPA nominating Prof Bruce Singh for the Zone Representative of Region 18 our region. It is good for member bodies of the WPA in our region (IAPA) and the college, that Prof Singh will take on this role. The RANZCP have also nominated the Prof Singh for this position. We wish him success in this important WPA role and we are confident that he along with the IAPA membership will be able to make a positive contribution to the mental health and well being of populations in the regions of Pacific, South and East Asia

Yours Sincerely

Dr. Russell D'Souza

It is a great honor for this organisation and can only be good for the region and local professional bodies that Prof Bruce Singh has been appointed the WPA zonal representative for region 18

Members must also be made aware of the fact that, IAPA, a young but rapidly maturing organisation with a welcome dynamism (of youth) has been admitted formally by the assembly as an **Affiliate of the WPA**. This is a significant step for this organisation and also significant in that various professional bodies have recognized our role and activities.

Additionally **Dr D'Souza** has been made the Pacific Region representative for the **WPA Section on psychiatry in developing Countries**



Your office bears hard at work

Pacific Visit

On 30th September Dr Russell D'Souza & A.Prof Suresh Sundram visited the Cook Islands on the request of the Mental Health Services and the Health Department. This was through the WPA Section on Psychiatry in Developing Countries Chairman, Prof Deva, who had earlier performed a training and assessment of services.

The visit also was on behalf of Prof Bruce Singh the *New WPA Zonal Representative for the Pacific* and the President of IAPA & SAF

Dr D'Souza the executive committee coordinator for the Pacific region of the WPA Section and Prof Sundram, Task Force member for the Pacific region of the WPA Section on psychiatry in the developing countries, had a very productive visit to Rarotongo, and other islands including Aitutaki. Important community meetings were addressed at Rarotonga and Aitutaki. The newly formed Mental Health Council met the delegation and plans were discussed. The delegation took part in a Radio Cook Island talk-back Radio program on Alcohol and Mental health and addressed the Suicide prevention network. This program was coordinated by Mereana Taikoko, Director of Te Kainga Mental Health Services. A Counselling and empowerment workshop was conducted for professionals by Dr D'Souza and Prof Sundram.

Dr Russell D'Souza addressed a Lunch meeting of Cook Island professionals including Punanga Tautura, Red Cross, Suicide Support, Ministry of Health, Police chief and Ms Ngapoko Short, Director of Public Health. Further clinical work including assessment and consultation of inpatients and outpatients of Aitutaki Hospital Rarotonga Hospital and the Jail was carried out and secondary consultation provided to the Doctors of Aitutaki Hospital and Rarotonga.. Dr Rangi Fariu the Senior Medical Staff of the Rarotonga Hospital who looks after mental health joined in the Radio Talk Back and all the meetings. He is also attending and will be speaking at the IAPA WPA Conference in Sydney.

The Delegation had very successful meetings with the **Hon Peri Vaevae Pare the Health Minister and the Secretary of Health of Cook Islands**. We have been asked to draw up the Strategic Mental Health Plan that will be incorporated into the Draft National Health Plan by the Gov of Cook Island. The Hon Peri Vaevae Pare Minister of Health has agreed to attend and open the WPA Session on Psychiatry in the Pacific Session of the IAPA International Mental Health Conference in Sydney. Further meetings and very useful discussions were held with Hon Dr Maoate, Deputy Prime Minister and Finance Minister Cook Islands. An important meeting with Dr Stephenie Knight – manager NZAID and Ms Christina Newport NZAID development Programme Coordinator was arranged by the Health Department for to consider financing of the WPA and IAPA and Health Department of Cook Island mental health strategy.

On Monday evening a reception hosted by the Hon Health Minister for us and a visiting Anesthetists delegation which allowed us to meet important officials including the **Honorable Jim Marurai the Prime Minister of Cook Islands** who personally thanked us for the support and planned mental health care we are offering.

We have a data base of a number of our Members and Supporters who would like to take part in our Cook Island Project. All those who are interested in joining our and the WPA's initiative in caring for the mental health and well being of our neighbours in the Pacific are invited to send me your details. We plan a number of initiatives.

Delegations will be attending Fiji, Vanuatu and other pacific Islands on behalf of IAPA and the WPA Section on Psychiatry in the Developing Countries.

Dr. Russell. D'Souza

Earthquake

IAPA is again actively involved in the (psychological relief and reconstruction effort) following the disastrous Himalayan earthquake. Dr D'Souza has traveled to Pakistan and met with Professors Javed, Mufti and Chaudhary to map out a Disaster Recovery Program. IAPA office bearers will be participating in the initial-phase teaching training and capacity building exercise planned for January 2006. Our thoughts yet again go out to the victims of this unforeseen disaster.



Pacific islands radio



Suresh Sundram.



IAPA

Office Bearers

Inaugural President: Professor Bruce Singh

Inaugural Vice President: Professor Perminder Sachdev

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WA: Dr S Chawla, Dr Anthony Davis, Dr Mohan Issac

NT: Dr Randhir Mutti, Dr Ashok Abhyankar

ACT: Dr Rajeev Kumar

Tasmania: Dr. A. Velayudhan, Dr. Chopra

New Zealand: Dr Shailesh Kumar, Dr Dinesh Arya, Dr Vikas Modugil

About Our Organization:

We are a registered professional body comprising doctors working within the psychiatric field who can trace links (including generations removed) to the Indian subcontinent. This includes all professionals from India, Pakistan, Sri-Lanka and wherever else sub-continental migration and displacement have taken us over the generations. Membership is open currently to Psychiatrists, Medical officers and Registrars in Training. We hope that members will be drawn from both the public and private sectors. The organization hopes to fulfill professional, social and supportive roles.

Editors

Dr Ben-Sion Elijah
Dr Russell D'Souza

We welcome articles, information and other material for future newsletters.

E-Mail

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NEXT Issue: Conference highlights

There is strength in numbers – send in those applications please!!!!

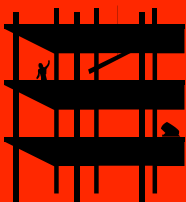
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