



INTERCOUNTRY GROUP MEETING ON THE  
DEVELOPMENT OF THE MENTAL HEALTH PROGRAMME

EM/INT.GRP.MTG.DEV.MHP/23

Amman, 24 - 28 September 1983

THE REPORT OF GROUP "C"  
ON  
MENTAL HEALTH IN PRIMARY CARE

Monday, 25/9/83

1. The Level of Primary Care Worker :

The primary care worker should be sub-district worker, this depend on who is working in sub-district centre, the doctor, medical assistant or health visitor.

He or she should be selected from within the same community, and interested in doing this duty.

2. Mental Health task to be included in the daily work of the primary care worker.

- a. Mental health education
- b. Case finding and notification
- c. Dealing with cases and provide first aid
- d. Referral of the patient to nearest medical centre for assessment and treatment
- e. After care and follow-up of patient on treatment
- f. Support and help to resocialized the patient, reduce stresses, prevent relapses
- g. Contact with the family and community leaders to protect and help the patients.

3. The objectives of the task to be taken by primary care worker :

- a. Prevention and crisis intervention
- b. Support and understanding to the patient and his suffering
- c. Follow up of the treatment and the process of rehabilitation and resocialization.

4. The objectives and method of the mental health training programmes for PCW :

- a. Initiation of interest and positive attitude towards the patients and the mental health.
- b. To provide the PCW with simple theoretical knowledge on mental health, mental disorders and drugs
- c. To provide the PCW with simple and brief practical training to skill in primary management of cases

5. The organization context of the mental health task :

- a. The administrative responsibility should be kept to the regional administrative system in the area with some supervision by the local psychiatrist.
- b. The lines of communication, should be organized by a card - system in the national language which goes through PCW - Local medical officer - Psychiatrist
- c. Supervision and support should be done by the regional psychiatrist
- d. Referral should be carried by the regional doctor who writes a primary report and he should expect receiving his patient back
- e. The provision of drugs, etc should be by the Medical Officer in the region with a liaison with the Regional Psychiatrist.