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Regional issues and innovations related to psychiatric nursing and health

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Accessing mental health services is a critical step towards reducing the burden of mental distress/illness. The stigma of mental illness is one of the most common reasons for not seeking mental health care leading to negative health consequences and undue suffering for many individuals. Mental health suffers from the emphasis given to acute, hospital-based care, which continues to receive most of the resources and attention. Statistics have revealed that, the prevalence of mental health disorders is very high in Europe. Within the total population of about 870 million people living in Europe, at any one time about 100 million citizens are estimated to suffer from anxiety and depression; over 21 million to suffer from alcohol use disorders; over 7 million from Alzheimer's disease and other dementias; about Amillion from Schizophrenia; 4 million from bipolar affective disorders and 4million from panic disorders. Many countries especially in the European Region face enormous challenges in working to promote the mental well-being of their populations to prevent mental health related problems in marginalized groups and to treat, care for and support the recovery of people with mental health problems. Psychiatric disorders have growing priority across many regions, owing to the awareness of both the human and economic costs to society and the suffering of individuals. This project intend to aid in psychiatric nursing and health by bringing in modern and recent innovations which include: Promoting mental well-being to all by integrating mental health promotion components into existing generic health promotion and public health policies and programmes; Tackle stigma and discrimination by developing a coherent programme of policy and legislation to address stigma and discrimination incorporating international and regional human rights standard. From this analysis, we hope to provide a foundation for future work in the areas of Psychiatric Nursing.

Biography

Vernon A Oben had dreamed of becoming a Motivative speaker and Doctor since he was five years old. His love for humanity started at a young age, having grown up in a community of less developed medical services with people suffering from many diseases. When he was eight years old, his aunt became diagnosed with cancer and psychiatric health disorders and had to pass away after a few months of struggle, due to poor medical services in the community. After his aunt passed away, he became determined to become a doctor that would be able to treat the sick and ensure their comfort. He attended a Government High School, where he graduated with very impressive results, having his GCE Ordinary and Advanced Level Certificates. During his time in high school he was very active in human health and psychiatric nursing and was in one time the leader of the Health Club, where he led group efforts to develop health centers around the globe, tackle stigma and discrimination in the field of psychiatric nursing and more. He is currently a student health specialist in a medical center with very good reviews and hopes to start full medical studies soon. He has an extensive volunteering list which has given him the skills needed to identify and treat basic diseases like cancer, psychiatric disorders etc commonly seen in his community. He also volunteered at a Government Hospital, helping with respite care. He is also an advocacy blogger and motivative speaker, who writes to teach people better take care of sick and disabled persons.

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