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## 医疗委员会主席观察 疫情期间疗后护理不足 心理卫生学院住院率逾九成

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近来有更多病患入住心理卫生学院，住院率超过九成，原因之一是疫情期间疗后护理不足，这包括门诊和相关的社区计划减少，以及病患较不愿意前去接受治疗。

慈善机构百仁中心昨天举行一个线上讲座，有观众询及心理疾病病患在疫情期间的复发率。演讲者之一心理卫生学院医疗委员会主席冯舜圣副教授表示没有复发率数据，但分享了上述观察。一般而言，病情较为严重的病患须住院，其他病患可接受门诊服务。

根据卫生部最新的7月中数据，本地其他急症医院的住院率多数介于80%至90%，较少超过九成。

我国4月初进入病毒阻断措施时，心理科和辅导等门诊服务起初被列为“非必要”服务，无法正常提供服务。国大杨潞龄医学院心理医疗科主管及资深临床讲师徐银鹰医生上个月在该医学院举办的一场论坛上说，她认为这是“错误决定”，她有不少病

患因为无法见辅导员和心理学专家等而情况不良。业界人士反馈后，当局作出调整，4月29日起又恢复这类服务。

冯舜圣也警惕，每当金融危机发生时，自杀率必会增加，这次冠病危机也很可能会推高自杀率。虽然目前没有疫情期间的自杀数据，但他强调要注意有自杀倾向但没有主动求助的人，同时须加强援助网络。

另一名演讲者心理卫生学院副顾问医生克杜发（Ganesh Kudva）也指出，保持手部卫生的重要性已被多次重复，但心理卫生也很重要。就算有了疫苗能遏制病毒，冠病带来的心理健康影响仍将在之后持续。

他认为，国人也需要“心理健康疫苗”，这可以是教导公众如何保持正念，或是了解自己的情绪并懂得应对压力。“当社会认知什么是心理健康、意识到如何帮助自己和他人时，我们或许就能建立对抗疫情相关压力的‘群体免疫’。”

昨天的线上讲座，是百仁中心在本月22日和23日举办线上新加坡正念会议前的一个活动。

Zaobao, 3 August 2020

## **Medical Board Chair Observes Inadequate Treatment During Pandemic, IMH Admissions at ~90%**

Recently more patients were admitted to IMH, admissions exceeding 90%. One of the reasons being inadequate care during the pandemic. This include reduction in outpatients and related community initiatives plus patients being unwilling to seek treatment.

Charity organization, Brahm Centre yesterday held a webinar. One of the participants asked on the relapse rate of mental health patients during the pandemic. Dr Daniel Fung, Chairman Medical Board, IMH expressed that there were no statistics on relapse rates but shared the above observation. In general, only those with severe conditions need to be admitted, the other patients can receive outpatient treatment.

According to MOH's latest statistics in July, the admission rate of other acute hospitals in Singapore stands at 80-90%, with few exceeding over 90%.

When Singapore introduced circuit breaker in April, psychiatry and counselling outpatient services were initially classified as non essential services, unable to offer their services. Dr Xu Yin Ying from NUS Yong Loo Lin School of Medicine opined that this was a wrong move in a talk held last month by the school. Many of her patients' condition were suboptimal as they were unable to see their counsellors or psychiatrists. The ministry resumed these services on 29 April after receiving feedback from the medical professionals.

Dr Daniel Fung also warned that each time during an economic crisis, there will be a rise in suicide rate. The Covid-19 crisis may see a rise in the suicide rate, although there are currently no suicide statistics on the pandemic. He stressed that we need to look out for those with suicide tendency but not seeking help, and strengthen the support network.

Another speaker, Dr Ganesh Kudva, Associate Consultant, IMH pointed out that the importance of hand hygiene has been repeatedly reinforced but mental health hygiene is also important. Even with the vaccine, the impact of the pandemic on mental health will still persist.

He opined that Singaporeans also need a mental health vaccine, this can be through educating the public on mindfulness or understanding one's emotions and managing stress. When the society understands what is mental health, recognizes how to help oneself and others, we may have established the herd vaccine in combating the related stress associated with the pandemic.

Yesterday's webinar was the pre-conference of the Singapore Mindfulness Conference by Brahm Centre on 22-23 August.