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Medical tourism in psychiatry

-in search for the global standards of mental health-

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JSPN

Conflict of Interest(COI) disclosure

Presenter: Takeo Saio

The presenter declare **No COI** on this presentation.



Caution & Aim

- The presenter do **NOT** recommend medical tourism itself because it has many difficulties and risks.
- The aim of this presentation is for providing 1) the **concept** of medical tourism as well as 2) the **potential** of mental health tourism, and showing 3) our experience of medical **site visits** outside Japan.



Medical tourism(1)

- Definition: travel of people to obtain medical treatment in another country (or to domestic area).
- Classification
 - **Inbound** medical tourism: getting patients from abroad
 - **Outbound** medical tourism: travel abroad for medical treatment.
- Why medical tourism?
 - To get **high-tech** treatment unavailable in their own country
 - To get treatment **faster and cheaper**
 - To **enjoy** trip as well as treatment
 - To obtain foreign currency



Medical tourism(2)

- Which kind of treatment?
 - Cardiac operation(coronary bypass , valvar replacement)
 - Dental
 - Cosmetic
 - Fertility treatment
 - Orthopedic(total hip replacement)
 - Ophthalmological(LASIK)
 - Organ transplantation
 - Others: obesity surgery, sex reassignment surgery,



メディカル・ツーリズム—医療は国境を超える

斉尾 武郎 (フジ虎ノ門健康増進センター)

Medical tourism : Crossing the border

Takco Saio (Fuji Toranomom Health Promotion Center)

1. メディカル・ツーリズムとは何か

医療費の高騰するアメリカ、手術までの待機時間が非常に長いイギリスばかりでなく、カナダ、オーストラリア、中東諸国などから、インドやドバイ、南アフリカ共和国、タイなどに、さまざま

学の恩恵が、いわゆる開発途上国で受けられるところに特徴がある。これまでもわが国から臓器移植を受けるために海外に赴く小児や、逆に海外から人道的な援助活動の一環でわが国に来訪する小児などが少数ながらいた。海外での代理母出産、海外で日本人の生殖細胞の提供を受けることについての生命倫理上の問題も議論を呼んできた。ま

<http://saio.world.coocan.jp/med-tourism.pdf>

メディカル ツーツーリズム

Medical
Tourism

国境を超える患者たち



著者
ジョセフ・ウッドマン
Josef Woodman

監訳者
斉尾武郎

世界の名医が
あなたを待っている。

国際標準の医療技術や治療法が、わが国の一流といわれる病院でも使われていないのは世界の医療と比べた場合、大きな問題だろう。 — 東京大学名誉教授 齊尾武郎



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JOSEF WOODMAN

A HEALTHY TRAVEL PUBLICATION



Medical tourism in psychiatry

a.k.a: Mental Health Tourism

Health resort therapy

- Crossroads Centre Antigua
 - <http://crossroadsantigua.org/>
- Psychiatry Costa Rica
 - <http://www.psiquiatriacostarica.com/psychiatry-costa-rica-english-home.htm>

<http://crossroadsantigua.org/>

The screenshot shows the website's navigation menu with links for HOME, ABOUT, PROGRAMS, ADMISSION, FAMILY, ALUMNI, PROFESSIONAL PARTNERS, CAREERS / TRAINING, TREATMENT TEAM, and CONTACT. The main header features the Crossroads Centre Antigua logo, a quote by Winston Churchill, and contact information for the USA, UK, and Antigua. Below the header, there are sections for a blog, a message from Eric Clapton, and a 'Begin Recovery Now!' button. A central banner reads 'A New Beginning In Recovery' with a sub-headline about the healing journey.

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"We make a living by what we get, but we make a life by what we give"
~Winston Churchill

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Direct to Antigua: 1-268-562-0035

CROSSROADS BLOG MESSAGE FROM ERIC CLAPTON DONATE JOIN US ON

Begin Recovery Now!

A New Beginning In Recovery
The journey of healing begins through a learning process to lead the individual toward the insight and

"My vision was to create a Centre of the highest caliber to treat"



Crossroads Centre Antigua

- Addiction treatment
- Founder: Eric Clapton



カリブ海に浮かぶキレイな島！

Antigua







Potential of mental health tourism to Japan



But still no robust evidence on the effectiveness of hot springs toward mental diseases



Site visiting medical facilities outside Japan

- Dare to go abroad to research medical tourism 2011~
 - Malaysia, Singapore, [Thailand](#), [Korea](#), [Taiwan/ROC](#), [Philippines](#)
- Joint Commission International(JCI) accreditation
 - “Super Hospitals”-far superior from Japanese ones
- Local medical facilities(resembles Japanese ordinary hospitals)
- Psychiatric facilities(I saw the light in them to revolutionize Japanese psychiatry)



Psychiatric facilities and practices in Asia(1)

- Lowest number of psychiatric beds with far lower bed occupancy rate and much shorter hospital stay with lower psychiatrists(~600)/70million people(**Thailand**)
- Clozapine administration revolutionized psychiatric practice drastically(**Thailand, Phillipines**)- lower bed occupancy rate
- Overdosing of prescriptions is rare because of the high price of drugs (**Thailand**)

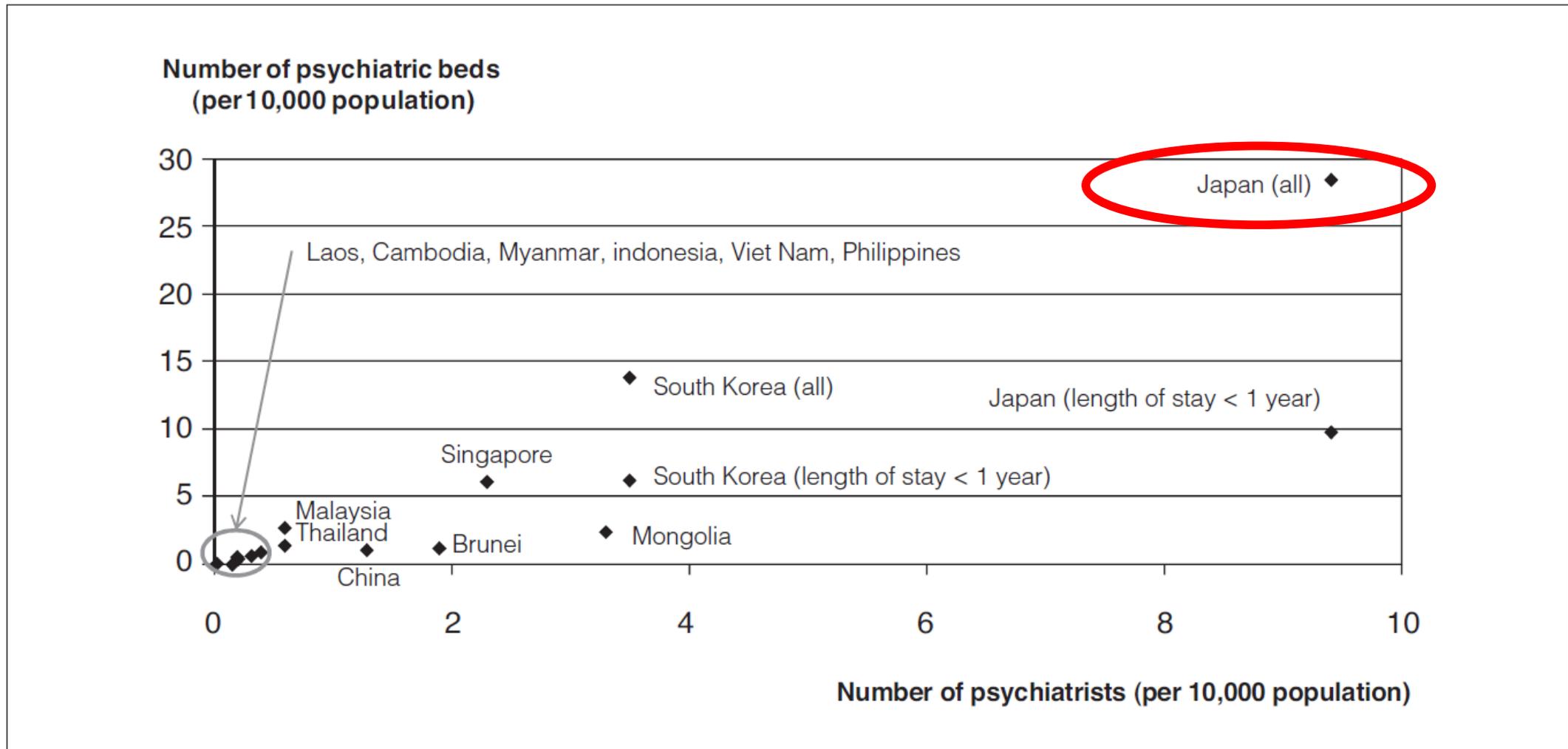


Figure 1 Number of psychiatrists and psychiatric beds in countries of East and South East Asia
 Sources: Jacob et al (11), World Health Organization (12)

Ito H, et al. Lessons learned in developing community mental health care in East and South East Asia. *World Psychiatry* 2012;**11**:186-190.



Psychiatric facilities and practices in Asia(2)

- Tackling national crises in psychiatry-suicide, addiction(Taiwan/ROC)
- Media coverage on suicide: monitoring agency(Taiwan/ROC)
- Chief professor as chairperson(Korea)
- Extinguishment of classical German-style diagnostic system(Korea)



Summary

- Japanese psychiatric setting might be inferior to other Asian countries.
- Japan must be **Galapagosized** in its psychiatric practice as well as science (Galápagos syndrome: peculiar evolution of Japanese psychiatry).