President’s Report

I hope all our colleagues are enjoying the early winter season (summer for those in the southern hemisphere), and are preparing for the coming new year. I have just returned from the WPA International Congress in Melbourne. The meeting was a wonderful experience for everyone attending, and also provided an opportunity for the PRCP Board of Directors to hold a formal meeting. Several items from the board meeting are important to bring to your attention.

We heard an update on planning for our next PRCP Congress, which as you know will be held at the Toshi Center in Tokyo Oct 30 – Nov 2, 2008. Professors Noda, Akiyama, and the members of the organizing committee have been doing an outstanding job, and I know this will be one of our highest quality and best organized meetings in history. Added to this is the opportunity to experience the diverse pleasures of one of the world’s major cities. The fall season will also provide opportunities to experience Japan at its most beautiful.

The board also endorsed Shanghai as the site of our 2010 congress, and I know Professor Xiao and colleagues will do an outstanding job as well. It has been many years since we have met in China, and this will be an exciting and most welcome return.

As you know, for many years, our secretariat has been located in the Department of Psychiatry at the University of Melbourne, under the auspices of Professor Bruce Singh, the department chair and PRCP past president. Bruce has recently been promoted to the dean’s office, and thus we must find a new home for our secretariat outside Australia. Our colleagues in Japan have expressed interest in hosting the secretariat, but we are interested in hearing from any member who would like to explore this opportunity.

Finally, but certainly not least important, plans continue to evolve regarding our development of a PRCP sponsored psychiatric journal. Our board unanimously approved authorizing me to negotiate an arrangement with a major international publisher to initiate what is tentatively titled the Journal of Pacific Rim Psychiatry. I hope to have good news on this matter in our next edition of the Bulletin.

With best wishes to you and your families for a peaceful, healthy, and productive new year,

Allan Tasman, MD,
PRCP President

Secretary-General’s Report

Welcome to the final edition of the PRCP Bulletin for 2007. The PRCP Secretariat has been busy preparing for the PRCP Board meeting which was held on Friday 30 November 2007 in conjunction with the World Psychiatry Association International Congress in Melbourne, Australia. The meeting was attended by 10 Board members and discussions included the coming PRCP meeting in Tokyo, the development of the PRCP journal, website and issues in relation to the function of the secretariat. Officers of the Board also reported on their activities. Shanghai China has now been confirmed by the Board of Directors as the location for the 2010 PRCP Scientific Meeting and more information will be available shortly when dates are finalised. The minutes of the Board meeting will also be located on the PRCP website. I would like to thank the PRCP Board members for donating their time to prepare and attend this meeting.

In the wake of the recent disaster caused by the cyclone affecting Bangladesh, the PRCP has committed a donation of A$500 to the Bangladesh Psychosocial Disaster Relief Fund.

Thank you to the members and fellows who have recently finalised their membership dues. The PRCP has a number of outstanding membership dues and therefore your prompt payment is appreciated.

The secretariat has continued to update the PRCP website. We would like to invite members and fellows to visit the website at www.prcp.org. Of particular interest is the 2007 membership breakdown by country http://www.prcp.org/history.html and up and coming events http://www.prcp.org/events.html. If you would like to contribute to the PRCP website please email your information to info@prcp.org.

I would like to wish our members, fellows and distinguished fellows a joyful holiday season and look forward to working with you in 2008.

Associate Professor Chee Ng
Secretary General
I hope my message will find you enjoying a very relaxing winter holiday. This edition is full of exciting information. First, President Prof Allan Tasman reports about the 2010 Shanghai meeting and the progress of the Journal of Pacific Rim Psychiatry. Secretary General Assoc Prof Ng reports on the donation to the Bangladesh Psychosocial Disaster Fund. These signify a pivotal progress for the PRCP.

As Innovative Programs in the Region, Prof Harry Minas reports on "iMHLP: The University of Melbourne-Harvard Medical School International Mental Health Leadership Program" and Dr Philip Morris on the "APEC Meeting in Australia." These are becoming vital parts for the global mental health movements. Regarding International Conference, we have the "2007 WPA Shanghai Regional Conference CSP Annual Congress" by Dr Grace Tang and Prof Zeping Xiao and "XIXth World Congress of World Association for Social Psychiatry (WASP) in Prague" by Prof Frantisek David Krch. We admire the huge success of these conferences.

For the Young Psychiatrists section, we welcome Drs Ruksheda Syeda and Ashutosh Chauhan for their well-organized reports on "Indian Young Psychiatrist" and "SAARC-Association of Young Psychiatrists and Trainees: Empowering Mental Health." These are the first reports about the young psychiatrists in the region adjacent to the Pacific Rim. There are also two notices of the future meetings. One is "The 13th PRCP Scientific Meeting in 2008, October 30 - November 2, Tokyo, Japan" by Prof Fumitaka Noda and "XIV World Congress of Psychiatry (WPA), Prague, September 20 - 25, 2008. History, culture and psychiatry in Prague" by Prof Jiri Raboch. Please do not miss reading these important announcements.

I wish that these articles will keep the PRCP colleagues well informed so that we can better contribute to the development of psychiatry in the region and beyond.

Dr Tsuyoshi Akiyama
Editor
The Asia Pacific Economic Cooperation group of nations met in Sydney, Australia in early September 2007. This grouping of countries includes many of the world’s major nations other than those in Europe, Africa, the Middle East, West Asia and the eastern parts of South America. The presidents or prime ministers of Russia, China, Japan, USA, Canada, the Philippines, Indonesia, Mexico, Chile, Korea, Malaysia, Singapore, Brunei, New Zealand, Thailand, Vietnam and Chinese Taipei (represented by a senior businessman) were hosted by the Australian prime minister, Mr John Howard. As you can see, the membership of APEC overlaps closely with the countries that make up the Pacific Rim College of Psychiatrists. The meeting was a political success, with the world leaders able to meet face to face to discuss matters of mutual concern and build acquaintances and friendships. The meeting resolved to address the problem of climate change with all nations promising to work towards reducing greenhouse gases over the coming years. If this commitment is kept, this will come as some relief to the citizens of the member countries. With the gathering of such a prominent group of world leaders the possibility of a terrorist attack was not far from the minds of the people of Sydney and the Australian authorities. A huge security presence was arranged for the meeting with army, navy, air force, and police out in force. Parts of the city were cordoned off from the public to protect the APEC participants. Local protesters marched against the war in Iraq and against global warming, but the heavy police presence meant there were few serious disturbances. On the funny side, a group of TV comedians posing as a Canadian motorcade managed to get through all the security barriers - much to the embarrassment of the security forces! One hopes that Al-Qaeda” would have had a more difficult time. Despite the threat of a terrorist attack, most of the public reaction was relatively calm. Indeed, the most common complaints by local citizens were of the inconvenience of road closures and having to stop for the motorcades of the world leaders! Fortunately there was no public panic or anxiety for medical services to deal with.

The APEC group of countries has meetings all year on different topics leading up to the annual Economic Leaders Meeting which was held in Sydney in 2007. APEC provides a forum that might be considered by the PRCP as a vehicle to advance the field of psychiatry and the mental health of member nations. The overlapping membership of countries in both APEC and the PRCP and the aim of APEC to assist economic, trade and social development of member nations provides our College a unique opportunity to use APEC as a partner to advance education, training, and research and service delivery for mental health care. I hope the Board of Directors will investigate this possibility when we meet in Melbourne in November 2007.

Dr Philip Morris.
PRCP Board Member
Gold Coast, Australia
On 21 – 24 October 2007, the XIXth World Congress of World Association for Social Psychiatry (WASP) in Prague

On 21 – 24 October 2007, the XIXth World Congress of World Association for Social Psychiatry took place in Prague under the auspices of WHO, WPA and the Czech Psychiatric Society. The World Association for Social Psychiatry was founded in 1964 by Joshua Bierer with the aim to stimulate and support international co-operation of experts and societies engaged in the field of social psychiatry. Diversity of topics and approaches to current issues often reaching beyond boundaries of psychiatry have become typical features of the congresses, which are usually held every three years. Globalization and diversity was the main theme of the preceding WASP congress in Kobe in Japan.

The key topic of the Prague WASP conference was “Changing World: Challenges for Society and for Social Psychiatry”. In total 935 psychiatrists, social workers and psychologists from 65 countries participated in the conference. In four days they had a possibility to attend four plenary sessions, which concentrated not only on the main topic, but also on psychical consequences of migration and poverty, on social determinants of health and on the specifics of mental health care in Europe, South America and the USA. Among the invited speakers there was the WPA chairman J. Mezzich (New International Diagnostic System for Today’s World), N. Sartorius (Fighting Stigma and Discrimination), J. Leff (Migration: Psychiatric and Social Consequences), S. Tyano (Poverty and Child Mental Health), A. Cheng (Migration and Mental Health: a Biopsychosocial Perspective), H. U. Wittchen (The Size and Burden of Mental Disorders in the European Community).

The congress was success as it increased exchange of information between psychiatrists in China and those coming from all over the world; improved educational activities in the region, by providing up-to-date information; Boosted collaborative research by bringing together investigators from various parts of the world; Strengthened the links among WPA’s Member-Societies; Made psychiatry more visible on the national and on the international levels, and improved the development of the psychiatry in China.

Due to the bad weather conditions, some registered speakers did not show up. Also a few mistakes (especially time and location issues) on the conference book brought some troubles to the participants.

Anyway, most participants expressed their appreciation on the WPA Shanghai regional conference. Also, the LOC thanks very much for WPA EC member’s support, thanks for all colleagues form different countries contribution to the congress.

Grace Tang, Zeping Xiao, Shanghai Mental Health Center

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I am excited to inform you that the 13th Scientific Meeting of the Pacific Rim College of Psychiatrists will be held in Tokyo from October 30 to November 2 in 2008. It will be the second time for us to meet in Japan and it is my great privilege and honor as a president elect and chair of meeting to welcome you back.

In the past twenty-five years since the establishment of our organization, we have come to face complicated issues that require more diverse and innovative perspectives in psychiatry as social, economical, and political development face new demands worldwide. As psychiatrists, we need to become more aware and sensitive to the unique needs and challenges that our patients experience. Today, it has become essential to develop strong working alliances internationally and inter-regionally to deliver more effective psychiatric treatment. For instance, international organizations like ours assumed a significant role in delivering interventions and treatment during crises such as Indian Ocean earthquake and tsunami disaster. It is obvious that the alliances of Asian and Pacific Rim countries in Psychiatry are becoming more and more important.

The next conference theme is “Recent Change in Pacific Rim Psychiatry: Evolution of Multicultural and Multidisciplinary Mental Health”, and our organizing committee is expecting participants from more than 20 countries. I hope to open a dialogue among ourselves reflecting on the idea of “collaboration” among countries, cultures, and professionals.

Around the time of the conference, Japan will be painted in beautiful autumn colors. I believe you will enjoy your trip academically, professionally, and leisurely. Autumn in Tokyo is very enjoyable. It has over seven downtowns that each has its own character. One hour train ride from Tokyo will take you to Kamakura, often called ‘little Kyoto’, where you can enjoy a visiting lot of shrines and temples, a huge Buddha and beautiful marine beach. If you want to visit Kyoto, it is less than three hours on the famous bullet train.

The time of this meeting will be the best season for you to appreciate Kyoto against a beautiful backdrop of autumn leaves.

We plan to have special arrangements for young psychiatrists who have difficulty attending the conference due to the economic conditions in the mother country.

We would like to invite as many people as possible from countries in Pacific Rim region.

I look forward to wonderful opportunities to meet you in October to November, 2008.

Fumitaka Noda, M.D.
President-elect
Chair
13th PRCP meeting in Tokyo
There are hot discussions regarding the cause of his death until today. Was it atherosclerotic dementia, chronic infection or paralysis progressiva? During the Czech musician's day it will be possible to visit not only his Museum containing authentic paintings and photographs from different periods of his life, but also the Antonín Dvořák (1841 – 1904) exhibition at the baroque-style palace America located close to the Psychiatric Department. Dvořák is the author of the famous New World symphony, which was played by the American astronaut Neil Armstrong on the moon. After saying the well-known sentence: "That's one small step for a man, one giant leap for mankind" he switched on and listened to this music which he brought secretly in a tape-recorder in his space suit. The program of three Prague opera ensembles is very rich and it is possible to visit everyday various operas including Dvořák's Rusalka or Smetana’s The Bartered Bride.

It is often said that modern Czech psychiatry developed under the influence of German psychiatry. One of the oldest German psychiatric departments was set up in Prague at the Charles University in 1886. The most important representative of German psychiatry in Prague was Arnold Pick (1851 – 1924). He served as the first head of this Department for incredible length of 35 years. At the same time when Alois Alzheimer in Munich studied presenile dementia, Pick described in Prague his fronto-temporal dementia (Pick's disease) in 1906. During the Congress there will be a possibility to visit the Department to meet local psychiatrists as well as to admire its guest book established in 1834. It starts with the signature of the Emperor Franz Joseph I. In October 1853 the Department was visited by the well-known English reformer Dault Tuke from York. He wrote "Visited the Asylum with much pleasure and admired the great cleanliness and good order of the Institution". Other important visitors who signed the book were among others by Jan Evangelista Lurkyne, Jean Martin Charcot, Julius Wagner von Jauregg or Wilhelm Griesinger.

There is also the signature of Czech journalist and writer Milena Jesenská (1896 – 1944) who was Franz Kafka’s (1883 – 1924) girl friend, first translator and first reader of his well-known books, including “The Castle”. Kafka belonged to a small group of Prague intellectuals, especially German Jews like Max Brod, Egon Ervin Kisch, Franz Werfel, and Ramer Maria Rilke who lived and created in Prague in the beginning of the 20th century and who did not participate in German-Czech tensions of that time. Kafka’s grave could be found in the New Jewish Cemetery in Prague-Žižkov. At the Kafka’s day a thematic trip will be organized to his museum as well as to other significant places in Prague. Czech psychiatrist Jan Jansky (1873 – 1921), professor of the Psychiatric Department in Prague tried to find a correlation between mental diseases and blood diseases. He found no such correlation existed and published a study, Hematologická studie u psychotiků (1907, Hematological study of psychotics), in which he classified blood into four groups I, II, III, IV. At the time this discovery passed almost unnoticed. In 1921 an American medical commission acknowledged Jansky’s classification (over that of Karl Landsteiner, who classified blood into only three groups; and was for this (blood types) discovery awarded the Nobel Prize in Physiology or Medicine in 1930). Jansky’s classification remains in use until today.

Nowadays we can find in the reconstructed building of Psychiatric Department from 1846 modernised patients wards, day care as well as rehabilitation centres and modern ECT, rTMS and biochemical laboratories. It is not a common knowledge that Sigmund Freud (1856 – 1939) was born in the region of the present Czech Republic. It was on May 6 in Příbor, a small city in Moravia. His birth house where he spent first three years of his life was recently reconstructed and nowadays there is a museum with exhibition outlining his whole life. At the Freud’s day a post-congress one day trip will be available.

Nowadays, you can admire not only the historical monuments of Prague but you can also visit great variety of cultural and social events (Czech life day) that take place here every day as well as modern shopping centres, stylish restaurant with both Czech and international cuisine and taste well-known Czech beers. A special trip to Pilsner brewery (western Bohemia), the place where golden lager beer was born in 1842 will be organized. In the Pilsner Urquell Beer World or in the Prague special beer restaurant U Fleků from 1499 you will discover the secret of this original and will become acquainted with the renowned special Czech art.

Jiří Raboch, President of the Organizing Committee

Young Psychiatrist Section

Indian Young Psychiatrists

India has one of the largest number of doctors in training in the world, with 27000 students entering medical school every year [1]. Undergraduate Medical Training is recognized in 269 colleges across the country [1]. Currently there are 300 training posts annually for psychiatry, low considering the demand for psychiatric care in such a large population [2]. 138 training posts in 71 colleges for MD Psychiatry and 97 posts in 40 colleges for DPM (Diploma in Psychological Medicine) are available [3]. These training posts are spread across various state medical colleges and a few central institutions.

A psychiatric trainee or post graduate student is expected to imbibe the essentials of clinical work. They are also required to complete a thesis involving research project, which the student plans, executes and writes under guidance of a teacher from within the same department.

The psychiatric training process is on a 2-year (for DPM) or a 3-year (MD) residency system with an exit exam conducted by the trainees’ local institute. The system lacks uniformity in

terms of training and examination but shares a lot of issues like irregular and lengthy work hours. Sub-specialties in psychiatry are not yet developed but many young psychiatrists (YPs) hone their skills in their area of interest while training and in the following years. As the training scheme, working environment and community needs are vastly different; various attempts to synchronize the growth and development of a trainee and young psychiatrists are underway. Keeping in mind the paucity of supervisors, infrastructural challenges and lack of sub-specialty expertise, a number of programs, workshops, CMEs are conducted year round. This initiative is a collective venture by senior colleagues, departments of institutes, organizations etc. The Bhagwat Award by the Indian Psychiatric Society is given to a paper presented at the annual conference of the society, the authors of which are Young psychiatrists or Trainees (YPTs). Indian Association of Young Psychiatrists & Trainees (IAYPT), is a recently formed body under the umbrella of SAARC Association of Young Psychiatrists & Trainees (SAARC-AYPT). IAYPT came into existence in October 2007 to provide structure for various disjointed efforts towards the singular goal of enhancing skills of Indian YPTs.

IAYPT is manned by YPTs in a hierarchical format to ensure optimal representation as well as participation by YPTs spread throughout the vast country. The country is divided geographically into 4 Zones, the representatives of which will coordinate with the central institutes. A special representative will facilitate efforts with the central institutes.

The mainstay of IAYPT goals remain learning by exchanging knowledge. To initiate as well as facilitate research projects, to generate & share a database the YPTs must be trained at par. Towards these ambitions the IAYPT in collaboration with SAARC-AYPT will conduct training workshops and seminars for the YPTs. IAYPT is indeed a beginning of a new era.

**Dr Syeda Ruksheda** MBBS, DPM Consultant Psychiatrist & Psychotherapist – Trellis Family Centre, Mumbai Assistant Honorary Psychiatrist – Masina Hospital, Mumbai Co-Founder – SAARC-AYPT, IAYPT WPA Fellow 2006

**Dr Ashutosh Chauhan** MBBS, MD Consultant Psychiatrist – Sahyadri Group of Hospitals, Pune Co-Founder – SAARC-AYPT, IAYPT WPA Fellow 2006

The SAARC Association of Young Psychiatrists and Trainees (SAARC-AYPT), is the brain child of the WPA young fellows for the IC Istanbul 2006, representing Zone XV and XVI of the WPA. The organization is the first of its kind in the region having been inspired in ideology by organizations like the WAYPT and SPF. The South Asian Association for regional cooperation (SAARC) formed in 1985, comprises of eight member states namely Bhutan, Bangladesh, India, Maldives, Nepal, Pakistan, Sri Lanka and Afghanistan. The SAARC (South Asian Association for Regional Cooperation) nations are developing countries with inadequately developed Mental Health Services. Home to one fourth of the world population and one fifth of its psychiatrically ill patients (1), the South Asian region has a disproportionate ratio of demand and supply of mental health manpower and delivery systems. The concept of the organization from its vision to its formal inception, at the first international conference of Asian Psychiatry, Goa, India in August 2007 took one year of hard work, networking, sleepless nights and the occasional jitter’s!

The definition of a Young Psychiatrist (YP) follows WPA norms. SAARC-AYPT, a socio-academic organization, is a network of YP cognizant of the diversities in cultural, religious, political, geographical arenas of the region who accept that these factors influence Mental Health. One of its priorities is to identify and create a forum of YPs in the region on the basis of their research interests which in turn would help us link specialists and trainees to generate an indigenous database along with certain academic initiatives like the ‘mentorship program’.

The SAARC-AYPT has adopted a “Top Down” approach to overcoming the political and geographical barriers in initiating & encouraging formation of individual nation YPT organizations in the region, and a “Bottom Up” approach towards realizing the long term goal of forming an international network in Asia & beyond. At the time of submission of this article for publication, the organization has 35 members spanning across 5 nations. We were successful in electing the National Chapter Representatives from each of these countries and were able to inspire countries like India and Bangladesh to form their YPs organizations. The current membership status as of 26/11/2007 is as follows:

India – 15, Nepal – 5, Sri Lanka - 4, Pakistan – 3, Bangladesh – 2, Maldives, Bhutan, Afghanistan - To our knowledge, no YPTs exist in these countries. The SAARC-AYPT has put certain academic initiatives like the ‘mentorship program’.
Correlation between Metabolic Syndrome and Cognition in the Elderly

Background: Purpose of this study was to find out the effect of ApoE genotype on the relationship between metabolic syndrome and cognition of the elderly in community.

Methods: A total of 949 subjects (298 men and 651 women) aged 60-91 years were analyzed from 2,137 subjects of GDEMCIS (Gwangju Dementia and MCI Study). The metabolic syndrome was assessed as defined by the modified NCEP ATP III (National Cholesterol Education Program Adult Treatment Panel III). Study questionnaire consisted of demographic characteristics, current and past illness history, drug history, K-MMSE (Korean version-Mini Mental State Examination). We also examined ApoE genotype and analyzed associated factors with metabolic syndrome.

Results: Metabolic syndrome was present in 64.3% of the subjects (45.6% of men and 72.8% of women). On multiple logistic regression analysis, low serum HDL cholesterol was associated with an increased risk for cognitive impairment (K-MMSE score ≤ 17) after adjusting for age, sex, educational level, smoking in the presence of ApoE ε4 allele (OR 0.97, 95% CI 0.94-1.00).

Conclusion: These results suggest that serum HDL cholesterol may affect cognitive function in the elderly in the presence of ApoE ε4 allele.

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Reference: