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Davor Mucic

Little Prince Psychiatric Centre, Denmark

E-MENTAL HEALTH: THE FUTRUE IS NOW

E-Mental Health (eMH) is a term for mental health care practice supported by electronic processes and communication. The mass availability of powerful computers, easy to write programs, and smart phones have transformed the effects of technology on health and health care. Clinicians have long recognized its use for hard to reach areas, but have been slow to harness its power to change the care of urban populations. Young people with mental challenges have very limited access to mental health services. Although the burden of disease of addiction and mental illness in that age group is dramatic, access to targeted prevention or care is nearly impossible across the globe. Web and social media are changing not only communication patterns, especially for young people, but also the way they are looking for help, sharing experiences, learning new behaviors. Web based screening and assessment, information and online treatment are an opportunity to provide quality care with more capacity. From apps to platforms, the spectrum of options and opportunities will be explored. The discussion on national strategies in support of eMH leads to more awareness and research in this field. The audience will gain an understanding of professional boundaries and the general standard of care; security issues; how to recognize ethical and legal considerations, as well as the risks and how to mitigate them. Finally, potential of eMH relevant to the UAE will be presented and discussed.

Biography

Davor Mucic (DM) is psychiatrist postgraduated in Denmark in 2002. DM established Little Prince Psychiatric Centre. The Centre has been frontier in developing of telepsychiatry in Denmark since 2000. In 2011 DM launched Telemental Health Section within EPA (European Psychiatric Association). As chairman of the section DM organized symposia, workshops and CME courses within 35 international conferences. In addition, DM was affiliated as a clinical lecturer on Danish Copenhagen University in period Nov 1999-Nov 2009. Currently affiliated as reviewer for Journal of Telemedicine and Telecare. DM is Editor-in-Chief on Edorium Journal of Psychiatry.

dmucic@gmail.com

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