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Plan of Presentation

• Personal reflections in Volunteering
  • Seeds sown by the of Role model
  • Experiential learning
  • Application of Internet/mobile technology
  • Ethical dilemma
  • Politics
Dateline: Great flood of Dhaka, 18 Sept 1988
Dr. Shahriyar RIP
Dateline: Dhaka Medical College, 1999
Intern Doctors Strike

Dr. Asad
A&E
Registrar
Dhaka Medical College
Refugee camp
What can Volunteers do?

- Join VIPSIG at RCPsych
- Training on mhGAP and psychological First Aid
- Volunteering as trainer to staff in Cox’s Bazar
- Supervision
- Webinars for local staff
What I learnt

- First Do No Harm
- Appropriate training and orientation of locality
- Cultural competency and culturally sensitive intervention
- Voluntourism
Hippocratic Oath revisited

- Oath to Self-care and Well-being
- Time for yourself and your family
- Emotional labour
- “Mission drift “
Interventions I find helpful

- Culturally sensitive psychosocial intervention
- Modified CBT
- Harnessing Spiritual faith
- Resilience building children
- School based intervention
- Training the teachers/religious leader/community leader
What do I get in return?

- Knowledge gain and wisdom received
- Feeling valued and useful
- Leadership skills
- Meeting wonderful people

- https://www.nhsemployers.org/~/media/Employers/Documents/Supporting%20NHS%20staff%20who%20are%20volunteers%202016.pdf
Distribution of diseases (February 14, 2019-May 14, 2019)

- Eye infection: 3.8%
- Musculo skeletal problems: 11.5%
- Diarrhoea: 14.8%
- Unexplained fever: 12.1%
- Cough & Cold no Pneumonia: 30.7%
- Gastroenteric problems: 16.2%
- Abscess: 7.3%
- Injury: 3.6%
<table>
<thead>
<tr>
<th>Condition</th>
<th>Code</th>
<th>Cases</th>
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<tbody>
<tr>
<td>Abscess</td>
<td></td>
<td>79,482</td>
</tr>
<tr>
<td>COPD</td>
<td></td>
<td>75,241</td>
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<tr>
<td>Cough &amp; Cold no Pneumonia</td>
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<td>897,265</td>
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<tr>
<td>Acute Watery Diarrhoea</td>
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<td>555,355</td>
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<tr>
<td>Bloody Diarrhoea Cases</td>
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<td>145,762</td>
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<tr>
<td>Eye Infection</td>
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<td>120,219</td>
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<tr>
<td>Unexplained Fever</td>
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<td>772,183</td>
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<td>Gastroenteric Problems</td>
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<td>Musculo Skeletal Problems</td>
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<td>495,885</td>
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<td>Neuro Disorder</td>
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<td>Sexually Transmitted Disease</td>
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<td>ANC-4 service</td>
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<td>Pregnancy Test Positive</td>
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<td>Pregnancy Complication</td>
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<td>Pregnant Woman Received IFA</td>
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<td>Newborn Care</td>
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<td>6-59 month children malnutrition</td>
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<td>2,584,791</td>
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<td>Filariasis Test</td>
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<td>1,050</td>
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<td>Malaria test</td>
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<td>42,144</td>
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<td>Total 8 +ve case</td>
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<td>Measles source MMWE, 12 Nov</td>
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<td>Skin Infection</td>
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<td>ANC (Adolescent)</td>
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<td>ANC (Adult)</td>
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<td>474,729</td>
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<td>PNC (Adolescent)</td>
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<td>PNC (Adult)</td>
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<td>SAM identified (NAW Round -2)</td>
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<tr>
<td>MAM identified (NAW Round -2)</td>
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<tr>
<td>TB cases</td>
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<td>2068</td>
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<tr>
<td>Total +ve TB cases</td>
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Example of Modified CBT

- Fingers to person/organization to seek help
- Palm crease for two helpful activities
- Wrist crease for two helpful sayings
Non-verbal interventions

- Interventions using non-verbal processing or creative arts techniques
- Narrative Exposure Therapy adapted version (Kid NET) is being used and can be delivered by lay counselors (Robjant, 2009; Ruf et al, 2010; Schaal et al, 2009)
- Non verbal therapies developed involving art, relaxation, movement, dramatic use of objects and recreation of historical narratives (Hardi et al, 2011)
Art Therapy
Logotherpay Revisited

Finding Hope and Spiritual Well-Being

EXAMINING HOPE:
EXISTENTIAL RESPONSES

HOPE

POSTIVE EXPECTATIONS

- Positive things will happen and be experienced
- Self-discovery
- Growth from illness
- Meaning discovery—creativity, experiences, and attitude
- Forgiveness and healing
- Nurturing and caring for self
- Possibilities
- Legacy projects

ANTICIPATION
Positive or Negative

HOPELESSNESS

FEAR-BASED EXPECTATIONS

- Negative things will happen and be experienced
- Loss of interest in discovery
- Stagnation in illness
- Existential crisis—guilt, shame, distress, and despair
- Harboring resentment
- Disregard for self-care
- Limitations and worry
- Loss of Meaning in life

SELF-TRANCENDENCE

TRUST

Doubt

DECENDENCE

NURTURING ATTITUDE

DESPOINENT ATTITUDE
Memorable Quote of a Psychiatrist

“That which has happened is a warning. To forget it is guilt. It must be continually remembered. It was possible for this to happen, and it remains possible for it to happen again at any minute. Only in knowledge can it be prevented”
Knowledge is not enough, only through proactive actions and accountability can it be prevented.
Patrick Brown’s photo exhibition Exodus, Dhaka
We will not close our heart
We will not look other way

Pope Francis
Thank You

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