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**CH 22-3197**

8 messages

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**CH - Office of the Ombudsman** <ch@ombudsman.org.mt>  
To: nicho.grech@gmail.com <nicho.grech@gmail.com>

Wed, Dec 7, 2022 at 9:19 AM

Dear Mr Grech,

I would like to thank you for your email earlier in September regarding a certain incident that had occurred in Mount Carmel Hospital a year before. Excuse my delay in not writing before but I had to obtain and verify certain facts pertaining to the incident that you highlighted.

Unfortunately, it is an established fact that choking may be a hazard in patients undergoing psychiatric treatment. This is well documented in the international medical literature. The exact cause is not clear but appears to be multifactorial. The main aim should be to try to avoid these incidents as much as possible through preventive measures but this is not always fully possible so we must also make sure the healthcare professionals are constantly trained in the measures that are to be undertaken if such an incident occurs.

Following your email, I immediately asked what measures were being undertaken by the Hospital authorities in this regard. I am now informed that at present there are a number of certified first aiders amongst the nursing aides/carers (over 100) and that the Malta Resuscitation Council has trained 5 trainers in Mount Carmel who will running Basic Life Support (BLS) courses in the hospital for all members of staff.

The hospital has also ordered the simulation equipment for such training. In the meantime, three BLS courses were held for 10 doctors and 13 mental health nurses. A further more intensive course (Intermediate Life Support) for 13 doctors and 1 mental health nurse was also successfully organised.

I think that this is the right way to proceed and in fact from the data available there were no further regretful deaths due to choking since the demise of the gentleman you mentioned in November 2020.


I will be following up with the hospital management on the training that will be carried out and would like to thank you once again for the information that you provided which triggered my office into looking into this important matter.

Thanks and regards,

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**Professor Raymond Galea**

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**Nicholas Grech** <nicho.grech@gmail.com>  
To: CH - Office of the Ombudsman <ch@ombudsman.org.mt>

Thu, Dec 22, 2022 at 1:28 PM

Excuse my late reply as I was busy fighting my case on other fronts while concurrently trying to help other victims, and of course because I do not have the luxury of a laptop at my disposal for the one I had ended smashed by staff for reporting their abuses and prohibited from using one again, so only an old smartphone has to save my day. First wanted to clarify your maybe small unintentional mistake in your first paragraph which should have read "2 years before" (not a year before), referring to that tragic incident of 15-Nov-20.

What is unbelievable is that despite me a mere patient had played my part as a first-hand eye-witness had written to the relevant authorities including your predecessor long ago months before I had written to you, no one ever bothered to investigate let alone possibly take any serious actions to prevent such incidents from happening again, they just vilely brushed it under the carpet, confirming further how for them a patient is that nullity to simply ignore his calls, just an unwanted nuisance to not waste time on his complaints whatever their severity, not only to discourage him from having the audacity to report again knowing his cries will always fall on deaf ears, but even worse to intimidate him by making him suffer repercussions himself for daring uncover abuses paying with his own health end poisoned more with drugs, silenced made voiceless further ending locked in wards with less freedom, his most sentimental possessions vandalized as did with my laptop with all the multitude of data I had been accumulating in it, for the staff are treated as demi-gods in contrast to a patient's life which is for them that worthless and meaningless that whatever the shortcomings, incompetence and wrongdoings of the staff at the expense of their miserable patients, they are always excused covered up as was the case with that incompetent of Psychiatrist of Hector Cutajar who not only wasn't sacked let alone brought for questioning in front of some board and prosecuted against, but even ended promoted anyway and is still ruining patients' lives with his sadism.

Now that I had written to you presenting you facts and arguments, was hoping will be given the chance to at least testify further also on the incompetent nurses present on that tragic day, but as I had perfectly predicted, you opted to let these "big heads" and "friends of friends" go away with it, as the corrupt others had done before you, as has always been the custom in corrupt Malta, for those "characteristics" make them above the law and privileged to enjoy a culture of complete impunity and the patients just their umpteenth victims to have to pay the ultimate price for all this.

Imagine taking your beloved cat to a vet, paid him good money, and through his incompetence he gives it back to you dead, when others would have easily saved it and gave it back to you completely healthy to enjoy the company of each other for more and more years, would you remain silent and let him go away with it that easily? Now this wasn't a mere pet, but a human being ended like me kidnapped unjustly in this hospital to be abused experimented upon at leisure with that poison of psychiatric cure with so terrible side effects, so instead being a millionth times worse than an animal for with today standards I presume research on animals with such devastating effects like making you sick with drug-induced parkinsonism has long been prohibited on them, the only thing animals and patients in this hospital still have in common is that both are completely voiceless.

That tragic death, you called regretful, for me also shameful, as well as others would have been avoided also had the authorities taken action when in the past and also just months before that incident had reported in vain on other abuses of staff, but instead of taking the opportunity to do some reform to make them concentrate on their work, enforce discipline and some sense of duty and responsibility when on their placework, they kept covering up the staff again and again in their corrupt practices, by transferring one like me on their watch when it comes to abuses, to other wards to leave them all doors open to further persevere in their malpractices unhindered, to have me intimidated and further abused also to serve as a lesson to others, to indirectly show all solidarity and support the authorities have to the staff in their malpractices whatever their severity, never to dare investigate to end incriminating them or put them in bad light, with the most sadistic wrongdoing for them being none other than having a mere miserable patient the audacity to speak, the capacity to report must at all costs be prevented by destroying him psychologically keeping him always locked without any permissions not even for a little fresh air outside even if it means blatant violations of UN's charter of the most basic human rights, drugging him incapacitating him further to deny him the capability of ever daring do it again and be a lesson to others will end suffer the most sadistic consequences like him, further instilling that climate of terror to make the voiceless patients more voiceless than already are stigmatized through the lies and sadistic labels of Psychiatry as happened with me, to shut their mouth before even giving them the chance to open it (it's just their "delusion of persecution").

How can patients' lives not be at stake when you have malpractices of all sorts imaginable, and the authorities do nothing to stop them, even when made fully aware of than already were, to mention just a few from the multitude I had reported, like staff eating food intended for patients and taking home to feed themselves, their family members and animals (a sort of extra salary, the 1st time I reported this, ended prohibited from using even the meat in my own meal to feed the cats so that more remains for them to take home), taking the Ecopure water for themselves and for the patients keep making coffee and squash out of tap water, spending entire nights sleeping and then reusing what were new sheets they took for themselves for doing patients' beds the following morning, spending the days playing with computers using the government paid internet wasting bandwidth on everything except on matters relating to work (except for that occasional email once in a while), when about to replace each other the bulk of them go out some 1 hour earlier and leave the ward attended by some 2 staff only (the punch clocks are only for those employed by Healthmark: literally the government is paying good money the salary of a doctor to get back the service of a carer / a cleaner), our head of the ward has even abusively dedicated a room intended as a sort of office within the ward equipped with government computer and internet

to serve instead as a child care for her nephew bring him to spend the entire summer months playing inside while patients like me were treated like lepers forced to have visits from behind the perspex because of covid measures and cannot even use the ward laptop intended for patients' use (it is used rarely say to communicate with some social worker as in covid times), most often than not comes around an hour late but writes it down as if she has entered on time while the patients who happen to go out on leave have to do so within specified limited times (the staff give the most bad examples in everything but expect the patients to follow the umpteenth rule they invent for the slightest mishap), doing their private errands when supposed to be on their placework, taking breaks during the day double or more that entitled with their staff rooms equipped with beds and their lockers with pillows, always believed when they lie and frame up patients who dare report them paving the way for the sadists of Psychiatrists to do the rest have them drugged up experimented upon further, always excused when they abuse patients even assisted in their revenge on them not only by humiliating them with verbal threats ("iissa jghidulna min irrapporta npattuhielu", "mur oqghod ikteb irrapporta, x'min ghalik se tahxina?"), by locking them in wards with less freedom even destroy their belongings to make them voiceless even more, issued restriction of freedom of communication orders lasting one month each to intimidate them silence them further, have their lockers smashed open abusively by the staff when out of sight say locked for some time somewhere else because they had came positive to Covid, etc.

What professionalism do you expect from such evil persons without any morals, conscience, come to work earn a salary doing nothing to accumulate enough energy for the tasks they have when back home or even on another job, with that peace of mind that they will never be investigated never held accountable for their malpractices, abuses, wrongdoings, incompetences even as was the case with that incident which ended in a fatality, with the most they can get is a fake warning to not repeat the wrongdoing and they being so convinced it is just a formality that you see them within few weeks starting afresh in their wrongdoings with even more intensity. Simply the uncontrolled use of internet provided by the Government is serving only to further distract them from their duties, with senior staff like nurses are even given personal tablets / laptops to play with as part of their employment package, to make them incompetents and unprofessional even more, for rest assured they use it on anything other than research on matters concerning their profession. For all this corruption it is always the patient who has to pay the greatest price, pay with his belongings destroyed to the satisfaction of the culprits, with his health ruined drugged up further at leisure, pay even with his life for their incompetence when even the man in the street with basic first aid knowledge and limited resources would have saved.

By not taking action in particular against that incompetent of Psychiatrist Hector letting him go that easily as if nothing happened you are further reinforcing the precedent already established by the others to whom I had reported before, that whatever death or casualty that may happen due to the incompetence of the staff, whatever most blatant abuses by staff on patients, neither should any action be taken against them for it would appear as blatant discrimination say take action against a nurse the man in the street when not having taken action against this mentioned Psychiatrist incompetent a millionth times more when supposed to be competent and qualified more and holding a more authoritative role. You are thus intentionally further nurturing this climate of complete impunity enjoyed by the staff having nothing to fear repercussions whatever their shortcomings and wrongdoings, thus encouraging them to further persevere in their corrupt practices knowing well they have nothing to worry about will never be held accountable, consolidating further the mentality that the life of a patient is that worthless to not give a damn for its loss, and assisting further in nurturing a climate of terror in the minds of patients not only knowing their life is at stake in the hands of such impunity-blessed corrupt incompetents but even more being the ones who instead have to fear the most sadistic repercussions for simply daring to speak, knowing it will serve well the staff the satisfaction of taking their umpteenth revenge on the voiceless patients with all liberty seeing them drugged poisoned sedated more by ending maliciously labeled with "inappropriate to inappropriate beliefs", labeled as became paranoid / suspicious towards the staff, of suffering from mental confusion, and as an addition to those not that easy to manipulate, to silence, even invent the most absurd lies like had the intention of stabbing the Psychiatrist, were poisoning cats, depict one a fighter for his rights and that of others as exactly the opposite as a loser as if he wants to commit suicide serving as an excuse to drug him further and humiliate him put him level 1 on constant watch with no privacy, as they did with me, for once they intentionally maliciously label you as mental, they have the road wide open to invent whatever most blatant lies on you everything is so easily believed no one questions them in particular by the sadists and just as well complicit of Psychiatrists in their sort of competition between themselves of who will beat the other in their sadism and abuses on the voiceless vulnerable patients. It is incredible how in corrupt Malta you ended being no exception, as I had perfectly predicted, just the umpteenth puppet always ready to cover-up their crimes and wrong doings, choosing to incriminate yourself for such incompetents covering them up even leaving them in office to abuse further the vulnerable patients. For you know well it was not simply the 1) incompetence of the staff that caused that tragic fatality, but even more 2) the climate of terror they instill in patients who dare report and the subsequent most sadistic repercussions they have to suffer as revenge, and above all, 3) the complete impunity enjoyed by the staff knowing well they are blessed to never be held accountable, no authority can stand them, even as was this case, writing to you as new Commissioner of "Health" within the Ombudman proved once again futile (does the word "Health" refer to something completely different than its supposed meaning?).

I am attaching 2 restriction of freedom of communication orders I received within the space of 2 months, few months before that tragic incident of 15-Nov-20, being part of a series of systematic revenges I got paid with for reporting abuses, on termination of the 2nd one on 14-Sep-20 they returned my laptop smashed, and even in this case the CEO chose to once again vilely cover them up saying it did not result from negligence / wrongdoings of staff, when then about a year

and a half later your predecessor is exposing her as the big liar she is when mentioning they had given me €140 for the damages (see emails I forwarded when first wrote to you) out of the €1,000 I incurred in repairing my laptop amongst for the data recovery and don't know if it was completely successful for they didn't even give me the chance to try it out use it again. This is part of the mentioned culture of complete impunity the staff enjoy with all the blessing of the authorities mentioned in those 3 points in the previous paragraph that led to that tragic incident.

In one of my first emails I had sent to the CEO had asked her to enforce time logging to see how the staff are spending or better wasting their time, a move which could have further proved how much the hospital is over-staffed (as an example my ward which was reduced from a capacity of 28 patients to 21, had the staff compliment increased around June '21, it also has 3 NOs [Nursing Officers / heads] plus a secretary blessed with this cosy job on the eve of last election), when the hospital can function with say just a third of the staff present, with the taxpayers' money saved could be diverted in part on measures which benefit the patients. Instead the authorities prefer the status quo, for the staff have unions and friends to back them to cover them up, the miserable patients no one in contrast even end framed up, weak with the strong, strong with the weak, so they rather keep wasting money on corrupt practices rather than ever try to tackle them, keep rewarding the corrupt when concurrently playing it the misers when it comes to patients' needs even if it means negating them even from the basics.

As regards the training that was given to nursing aides and carers, I got to know it myself from some nursing aides themselves heard them laughing it will serve them as an opportunity to work overtime ("ahjar ghax nikluhielu overtime talli noqdu nisimghu l-hmerijiet"). So much did they take the training seriously knowingly they won't be ever held accountable as has always been the custom. Regarding the training of doctors and nurses, aren't these supposed to be already qualified on matters of first aid, the basics of the basics, or what the hell did they study in their University course? Can't they do the research themselves with the government paid internet provided rather than leaving them to use it on stupidities? Are the hospital authorities recruiting incompetents to end having to teach them everything from scratch again and again at taxpayers' expense? Money which instead could be invested on patients, to distribute them some dessert to make up for the often disgusting meals they are fed, to improve the quality of meals given, teach them some computer course, to provide free wifi to patients (the ward TV / internet modem with wifi protected by password is used exclusively for staff), as cat food for the strays there are in hospital with the same animals can serve as the best therapy for patients a millionth times better than wasting money poisoning patients sedating them with drugs, to refurbish the hospital not closing a ward after another to start with some work but will end never finish it or if ever it will take years, to equip those of occupational department with the necessary resources to be in a position to perform activities to fill patients' time, to teach and inform patients of the so frightening side effects of the psychiatric medication they are forced to swallow, they are injected with, to teach them about their rights in particular their prior consent to medication as stipulated in the mental health act not do the exact opposite have such poison imposed on them without their consent and without first made aware of the multitude of side effects, to appoint a truly independent commissioner (for sure not from the sadistic mental health sector) that safeguards patients' rights not having instead a fake hospital "customer care" office intended to inform the staff immediately that someone has filed a report on them and give them inside information and similarly a fake commissioner for mental health for covering up the abuses of psychiatrists and assisting them in intimidating patients as issuing restriction of freedom of communication orders (rofoco) continuous treatment / detention orders, etc. Part of the therapy is to listen to the patients, not invalidating them, instead in Psychiatry they do the exact opposite intentionally destroy you with drugs and psychologically as with the issues of Rofocos.

I appreciate that you acknowledged that it is an "established fact that choking may be a hazard in patients undergoing psychiatric treatment," for subjecting a patient to psychiatric treatment ends making him sick with so many terrible side effects to end being an excuse to be drugged further to combat the same side effects, a big business for the pharma industry through the evil of Psychiatry. It's like giving the tetanus vaccine to your newborn, but doing it with an Aids contaminated needle. And I am pretty sure you quite as well know that in Psychiatry there is not the slightest scientific means on which they can base their diagnoses, the stroke of a pen all that is needed to find yourself maliciously labeled with the most absurd invented for the occasion mental illnesses, especially suited for crime laundering and covering up crimes. From the emails I attached to you when you asked me to whom I had reported that tragic incident, I highlighted more than enough abuses from my case that for sure cannot have gone unnoticed by you. But instead of being a catalyst for change you opted for continuation in covering up abuses, by closing not one eye but both, rather see me kept further innocently locked kidnapped and abused at leisure than in any way take steps to end incriminating the big heads who are the ones who instead since long merit to be behind bars. Because my cries have always fallen on deaf ears, it is me who has to pass yet another festive season locked while the culprits are left running scot free. Maybe you have heard of that phrase before: "It's not only what we do, but also what we do not do for which we are accountable."

Nicholas Grech  
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CH - Office of the Ombudsman <ch@ombudsman.org.mt>  
To: Nicholas Grech <nicho.grech@gmail.com>

Thu, Dec 22, 2022 at 6:39 PM

Dear Mr Grech

I take note of your email which dwells on various issues. I am sorry to note that you think I have not taken your claims seriously. Would you be comfortable if I had to set up a meeting in the near future? That way you can have the opportunity to discuss some of these matters face to face.

Regards

Prof Raymond Galea

**OMBUDSMAN**

Commissioner for Health

11, St. Paul Street Valletta VLT 1210

e-mail: [ch@ombudsman.org.mt](mailto:ch@ombudsman.org.mt)

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**From:** Nicholas Grech <[nicho.grech@gmail.com](mailto:nicho.grech@gmail.com)>  
**Sent:** Thursday, December 22, 2022 1:28:49 PM  
**To:** CH - Office of the Ombudsman <[ch@ombudsman.org.mt](mailto:ch@ombudsman.org.mt)>  
**Subject:** Re: CH 22-3197

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**Nicholas Grech** <[nicho.grech@gmail.com](mailto:nicho.grech@gmail.com)>  
To: CH - Office of the Ombudsman <[ch@ombudsman.org.mt](mailto:ch@ombudsman.org.mt)>

Thu, Dec 22, 2022 at 8:00 PM

At this point I think I have put in writing more than enough abuses in the mental "health" sector, which abuses you can't deny you wasn't made aware of as might happen when something is said verbally. So I am more than happy if we can meet and clarify and discuss the matters further where necessary.

Nicholas Grech  
Male Ward 7  
Mount Carmel Hospital  
[Quoted text hidden]

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**Nicholas Grech** <[nicho.grech@gmail.com](mailto:nicho.grech@gmail.com)>  
To: CH - Office of the Ombudsman <[ch@ombudsman.org.mt](mailto:ch@ombudsman.org.mt)>

Fri, Dec 23, 2022 at 8:03 AM

In addition to yesterday's email wanted to highlight the article that came up in the media today titled: "Two pupils, 12, suspended from school for allegedly groping 11-year-old girl" (<https://timesofmalta.com/articles/view/two-pupils-12-suspended-school-allegedly-groping-11-year-old-girl.1003255>), ended "immediately suspended indefinitely" for simply having "grabbed her breast while the other touched her thigh." So much for your cover-up of crimes when it comes to the most blatant and sadistic abuses in the mental health sector, a billionth times more severe than this case.

Nicholas Grech  
[Quoted text hidden]

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**CH - Office of the Ombudsman** <[ch@ombudsman.org.mt](mailto:ch@ombudsman.org.mt)>  
To: Nicholas Grech <[nicho.grech@gmail.com](mailto:nicho.grech@gmail.com)>

Thu, Feb 2, 2023 at 9:12 AM

Dear Mr Grech,

I have asked the relevant authorities to set up a face to face meeting with your good self. In the meantime, I would like to stress that it is not the function of the Office of the Ombudsman to investigate Healthcare professionals on clinical matters as these have their own regulatory authorities. In the case that you highlighted and which involves a medical doctor, any claims that you are making regarding his clinical competencies should be addressed to the Malta Medical Council as that is the only legal authority empowered to take cognisance of such matters.


As regards the other issues that you highlighted in your email these have to do with the running of the institution in this case Mount Carmel Hospital. I have forwarded your complaint to the Office of the Commissioner for the Rights of Persons with Mental Disorders. This office whose mission is to "To promote and protect the rights and interests of

persons with mental disorders and their carers, such that they can benefit from a better quality of life through the maximisation of their potential." is better suited to tackle your various complaints.

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**Professor Raymond Galea**

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**Nicholas Grech** <nicho.grech@gmail.com>  
To: CH - Office of the Ombudsman <ch@ombudsman.org.mt>

Wed, Feb 22, 2023 at 4:31 PM

Some remarkable progress after the meeting we had this morning. They have prohibited the use of mobiles in wards to further abuse the patients at leisure, me in particular. Hope you take action immediately.

Nicholas Grech  
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**CH - Office of the Ombudsman** <ch@ombudsman.org.mt>  
To: Nicholas Grech <nicho.grech@gmail.com>

Wed, Feb 22, 2023 at 5:49 PM

I will look into it tomorrow.

Prof Raymond Galea

**OMBUDSMAN**  
Commissioner for Health  
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**From:** Nicholas Grech <[nicho.grech@gmail.com](mailto:nicho.grech@gmail.com)>  
**Sent:** Wednesday, February 22, 2023 4:31:09 PM  
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