

Healthy Doctors, Safer Patients

NHS Practitioner
Health Programme

Drug and Alcohol Rehabilitation



PHP

- Mental Health & Addiction
- Launched in November 2008
- Accepted referrals from September 2008
- PHP is NOT an occupational health service
- PHP is NOT part of the regulatory process

PHP is a confidential
service for doctors with
mental health or
addiction problems

Confidentiality is the biggest concern of our
practitioner-patients

PHP

- Located in an established GP surgery
- Led by a GP
- Multidisciplinary team (GPs, psychiatrists, nurses, counsellors)
- Responsive (see patients within 2 days of presentation)



If you build it they will
come

Nearly 1000 new patients in 3 years
& rate of referrals continues to
increase

Highlights (and lowlights)

- 2/3 men (older), 1/3 women (younger)
- 2/3 mental health (mainly depression), 1/3 addiction (mainly alcohol)
- 6 deaths in 3 years
- 10 new cases of psychosis
- 85% drug/alcohol free at 3 years
- Return to work rates >80%
- Many positive outcomes

PHP Integrated Team

We have created a team of primary and secondary care practitioners who work together on a single site, carrying out joint assessments, learning together, using the same electronic record and meet weekly to discuss all new patients and complicated follow ups.

This team is referred to as the PHP Integrated Team. The PHP2 practitioners also see patients outside the Integrated service, allowing for enhanced shared care.

Difficulties identified:

- Isolation whilst off work
- Fear of judgement
- Fear of stigma
- Loss of self-esteem when suspended or out of work
- Anger and humiliation
- Money worries

Surprises

- How well our patients do
- How little it matters that we might meet them in 'real' world
- How confidential we really are
- How infrequently we have to breach confidentiality
- How even when psychotic how contained our patients are
- How relieved our doctors are to become patients!
- How referrals continue to come

And for us...

- Weekly MDT
- Constantly challenge (& support) each other
- Established a monthly reflective practice Balint Group
- Annual away day
- Significant event analysis when needed
- Acknowledge that seeing our own is tough

Any questions?

www.php.nhs.uk

Supporting the health of health professionals