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
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