

## WHY PHP?

Being a healthcare professional can be stressful and, at times, it is difficult to know where to turn for help. This free confidential service offers timely and comprehensive healthcare for doctors and dentists living in London on a self-referral basis. We can also accept doctors and dentists from outside of London when they have been referred by their NHS GP.

We can also accept self-referrals from GPs on the Brighton and Hove performer's list and from KSS Deanery trainees living outside of London. For more information please see:

<http://php.nhs.uk/about-us/accessing-services/>

The service can help with any mental health, addiction or physical health concern, which may be affecting your working life.

### What can the service do?

The service can provide advice over the phone or offer rapid access to a face-face consultation

### Who will I see?

You will see an expert GP, nurse or psychiatrist who has special expertise in treating health professionals.

### Do I have to pay?

No. This is an NHS Service provided free of charge to patients. If you usually pay prescription charges these will still apply.

### Who is the service for?

Any doctor or dentist who lives in London via self-referral.

### What about healthcare professionals outside of London?

For patients living outside of London, we require a referral from their NHS GP. If you have any questions about your eligibility, please check on the website or contact the PHP office using the details below.

### How do I book an appointment?

You can arrange an appointment by contacting us through our website ([www.php.nhs.uk](http://www.php.nhs.uk)) or by contacting us directly:

**Email:** [england.phpadmin@nhs.net](mailto:england.phpadmin@nhs.net)

**Phone:** 0203 049 4505

## CONTACT US

### NHS PRACTITIONER HEALTH PROGRAMME

**Address:** NHS Practitioner Health Programme  
Riverside Medical Centre  
Hobart House  
St George Wharf  
Wandsworth Road  
London SW8 2JB

**Opening Hours:** Monday to Friday 9am-5pm  
**Telephone :** 0203 049 4504  
**Email:** [england.phpadmin@nhs.net](mailto:england.phpadmin@nhs.net)  
**Website:** [www.php.nhs.net](http://www.php.nhs.net)



Practitioner Health Programme



### Practitioner Health Programme

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Riverside Medical Centre  
Hobart House, St George Wharf  
Wandsworth Road,  
London  
SW8 2JB

Web: [www.php.nhs.net](http://www.php.nhs.net)

Admin: 0203 049 4504  
Or [england.phpadmin@nhs.net](mailto:england.phpadmin@nhs.net)

How to access the 

Practitioner Health Programme

*within the London area*

**An information leaflet  
for practitioner patients who are  
resident in London**

Supporting the health of health professionals

## What is PHP?

The NHS Practitioner Health Programme (PHP) is a service for medical and dental practitioners, who are GMC or GDC registered, with issues relating to mental or physical health concerns or addiction problems, often where this might be affecting their work. London residents are funded by the London CCGs to access PHP on a self-referral basis.

The service is based in central London, and is led by Dr Clare Gerada FRCP FRCGP MRCPsych, a general practitioner with extensive expertise in managing addiction and mental health problems and significant experience of treating health professionals.

PHP is a highly confidential service, which seeks to protect practitioner patients from the stigma associated with mental health illnesses and addictions. PHP aims to get practitioner patients healthy and working, whilst safeguarding their patients. PHP recognises that -

- Doctors are more likely than the average person to suffer from problems with drugs, drink and depression.
- Over half of junior doctors drink more than recommended amounts, with one in ten drinking at hazardous levels.
- Up to 20% of UK doctors become depressed at some point in their career.
- Doctors have higher standardised mortality rates in respect of cirrhosis, accident and suicide.
- Suicide rates among female NHS doctors have been shown to be twice that of the general female population.
- Evidence shows that doctors are more likely to suffer from work-related mental ill health than other professions.

PHP has significant success rates for its practitioner patients:

- 88.1% remain in or returned to work during contact with PHP.
- 81% abstinent and attending PHP on a regular basis.
- 8.1% maintenance therapy detox (This compares to 10-20% of non-health professional population being abstinent).

## What services do PHP provide?

PHP has seen over 1200 patients since its establishment in 2008. Doctors and Dentists come to PHP as we are a highly confidential service and they do not feel able to, or do not want to, access their local NHS service where they may have to receive treatment from their own colleagues, be seen in their own place of work, or be treated by clinicians who are not experienced in providing care to other health care professionals. Unfortunately mental health and addictions remain stigmatised conditions, even within the NHS and practitioner patients are concerned that their professional credibility and their careers will be harmed by disclosure.

Patients can attend our service with confidence that their care will not be made known to friends/family/colleagues. They will be seen by a team of NHS professionals who are experienced in treating health professionals with mental health or addictions issues. Referrers can be confident that we will work with them and other bodies such as the GMC, GDC etc. - with explicit practitioner patient agreement - to protect the practitioner patient and those they provide care for.

PHP can provide:

- Expert assessment usually within 48 hours
- Psychiatric assessment and treatment
- Medication
- Cognitive Behavioural Therapy
- Psychotherapy
- Access to in-patient detoxification and residential rehabilitation
- Community detoxification
- Case management
- Support and advocacy in facilitating return to work
- Signposting to peer support and other sources
- Liaison with local health services as appropriate

### Can I be seen in an emergency?

This service offers routine appointments. However we will endeavour to provide you with a next working day appointment. In an emergency please consult our website for out-of-hours services.

Alternatively call **NHS Direct** on **0845 46 47**

### Is this service confidential?

Health professionals are entitled to the same level of confidentiality as other patients. Only in exceptional circumstances (for example where patients may be at risk) would we need to discuss how other relevant bodies or employers need to be involved. Please refer to our website for more details.