

ALTERNATIVE SUPPORT & OUT OF HOURS SERVICE

The process for agreeing funding with CCGs can sometimes be lengthy, and although PHP cannot provide care for prospective practitioner patients, there are other services available which can support those in need during this time.

The following services may be helpful.

- [Sick Doctors Trust](#)
03704 445 163
- [BMA Doctors for Doctors](#)
08459 200 169
- [Doctors Support Line](#)
08443 953 010
- [The Dentists' Health Support Programme](#)
0207 224 4671
- [British Doctors and Dentists Group \(for those with a dependency problem\)](#)
07792 819 966
- [NHS-Direct](#)
0845 46 47 or 111
- [Samaritans](#)
08457 90 90 90
- [British Doctors and Dentists Family Support Group](#)
07818 475 825
- [Whistleblowing Hotline for NHS staff](#)
08000 724 725

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
Website: www.php.nhs.net



Practitioner Health Programme




Practitioner Health Programme

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

Web: www.php.nhs.net

Admin: 0203 049 4504
Or england.phpadmin@nhs.net

How to access the 
Practitioner Health Programme
from outside of the London area

An information leaflet
for practitioner patients,
referring GPs and
other referrers who are
not 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. Non-London residents will need funding approved by their commissioner before they can be seen at PHP.

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 stigmatized 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 protects its practitioner patients, and their patients, as well as the wider public, whilst improving the health of health practitioners.

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

As a Referrer what do I need to know?

PHP can treat doctors and dentists from across the UK when they have been referred by their NHS GP, or other appropriate NHS care provider. The GP or other referrer must obtain funding for an initial assessment from their local CCG or equivalent on behalf of the patient. Referrers may need to go through a process of 'Individual Funding Request', 'Out of Area Treatment', or other, local approval process.

PHP charges £750 for a standard initial assessment and care plan, and £1500 for a complex initial assessment and care plan (this is likely to involve two assessment sessions). PHP advise referrers of the likely costs once we have the full referral. The vast majority of patient assessments are standard assessments.

Once funding has been approved the GP should then refer the patient to PHP by letter (this can be e-mailed), confirming funding approval and providing the contact details of the CCG Officer or equivalent who approved the assessment.

PHP will contact the patient to book an assessment which will take between 90-120 minutes. The assessing clinician will create a care plan which will advise the commissioner on suggested next steps for treatment, this may seek funding for treatment with PHP or may advise local NHS care or no further treatment.

PHP has five treatment categories (costs per treatment year) -

- Major Mental Health £5,000
- Minor Mental Health £3,500
- Addictions £5,000
- Multiple issues £7,500
- Physical £2,500

Once funding has been approved the Practitioner Health Programme will contact the patient to start treatment.

Unfortunately, PHP cannot take responsibility for unfunded patients. Until funding has been approved for the patient, the duty of care will remain with the patient's GP. Should the commissioner decline to fund PHP treatment, the GP and patient should ask what other local comparable services are available for them.