

“Doctors are one of the most
unattended populations in terms
of health care”

Understanding why doctors present late

1st European Conference PAIMM
2001.

- Poor access to health care
- Poor health seeking behaviour
- High rates of mental health and addiction problems
- High risk for mental health problems

What's the problem

- 'the three Ds' – drugs, drink and depression
- Over half of junior doctors drink more than recommended amounts, with one in ten drinking at hazardous levels
- 10-20% of UK doctors become depressed
- Doctors have higher standardised mortality rates in respect of cirrhosis, accident and suicide.
- Suicide rates among female NHS doctors are high
- Suicide rates also differ between specialties
- Evidence shows that doctors are more likely to suffer from work-related mental ill health than other professions

Issues for clinicians when doctors seek help

- Short cuts
- Only half the story told
- Over medicated, under treated
- Presentation taken at face value
- Fear of patient
- Little or no follow up

PHP team approach

- first contact, assessment, formulation and treatment planning
- MDT presentation
- brief intervention, CBT, relapse prevention, psychodynamic psychotherapy, MI
- community based alcohol detoxification
- residential detoxification
- psychiatry/ addiction follow up
- liaison with others (Occ health/ GMC/ Deanery etc)
- case management.

The major issues for those seeking help

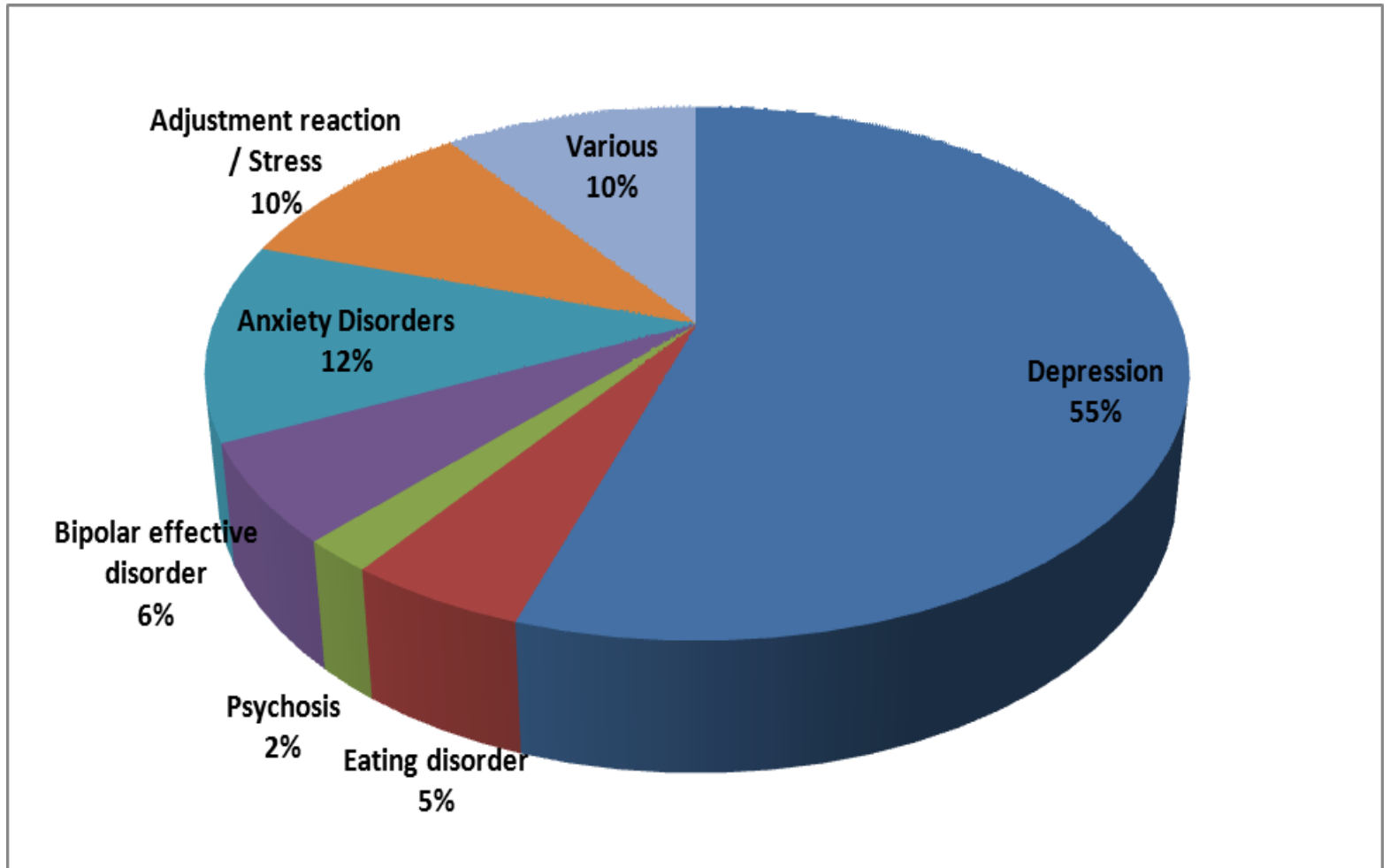
- Confidentiality
- Concerns about professional future
- Awareness of implications around disclosure
- Feelings of shame/embarrassment
- Experience of how other sick Drs have been treated
- Time / cost
- Personality traits
- Medical self

PHP

- Located in an established GP surgery
- Confidential
- Separate IT systems
- Separate staff
- Separate rooms



Breakdown of Mental Health Diagnoses



Practitioner patient profiles

- 81% Abstinent and attending PHP on a regular basis
- 88% remain in, or return to work
- Very low DNA rate
- High satisfaction with services
- Follow recommendations

How does the PHP team support one another?

