

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 trainee doctors, dentists and pharmacists with Health Education Kent, Surrey & Sussex on a self referral basis.

Kent, Sussex, Surrey (KSS) managed trainee doctors/dentists within foundation (STFS) and specialty (including higher specialty and GP) can self refer to the service. This is also available to KSS managed pharmacists and pharmacy technicians. Please bring evidence to confirm your identity to the first appointment, this will not be passed on to the Deanery. This may include a recent payslip, a P60 or signed contract of employment.

The contract between HEKSS and PHP enables PHP to invite practitioner patients, suitable for PHP care, to an initial assessment which will last approximately one hour. PHP can then offer up to 8 sessions of CBT, or advise the practitioner patient on next steps.

What can the service do?

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

Trainee doctors, dentists and pharmacists with Health Education Kent, Surrey & Sussex via self referral. All other doctors and dentists living in London on a self referral basis, as well as those outside of London when they have been referred by their NHS GP.

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) or by contacting us directly:

Email: 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

Website: www.php.nhs.net



Practitioner Health Programme



Health Education Kent
Surrey and Sussex



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London
SW8 2JB

Web: www.php.nhs.net

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

How to access the 

Practitioner Health Programme

Health Education Kent Surrey and
Sussex (inc STFS)

An information leaflet for trainees managed by
Health Education Kent Surrey and Sussex and
South Thames Foundation School



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. Trainees managed by Health Education Kent Surrey and Sussex (including STFS) are funded by their organisation and can also self-refer into PHP.

The service is based in central London, and 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

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. (This compares to 10-20% of non-health professional population being abstinent.
- Exceptionally high user satisfaction feedback.

What services do PHP provide?

PHP has seen over 1500 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 local NHS services 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 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.

Occasionally, if deemed essential, HEKSS could consider funding for:

- 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?

In an emergency please access routine NHS services such as A&E or your GP. Please consult the PHP website for out-of-hours services.

Alternatively call **NHS 111**

Is this service confidential?

Yes. 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.