



GP Health Service
Practitioner Health Programme

The NHS Practitioner Health Service, England

Lucy Warner, Chief Executive



Supporting the health of health professionals



GP Health Service
Practitioner Health Programme

Our objectives

Improve mental health

Reduce stigma

Retain and return to work



212 Anaesthetists, doctors presenting to PHS.

51% female, 49% male.

The average age has dropped from 49 yrs. in 2008 to 37 yrs. in 2018.

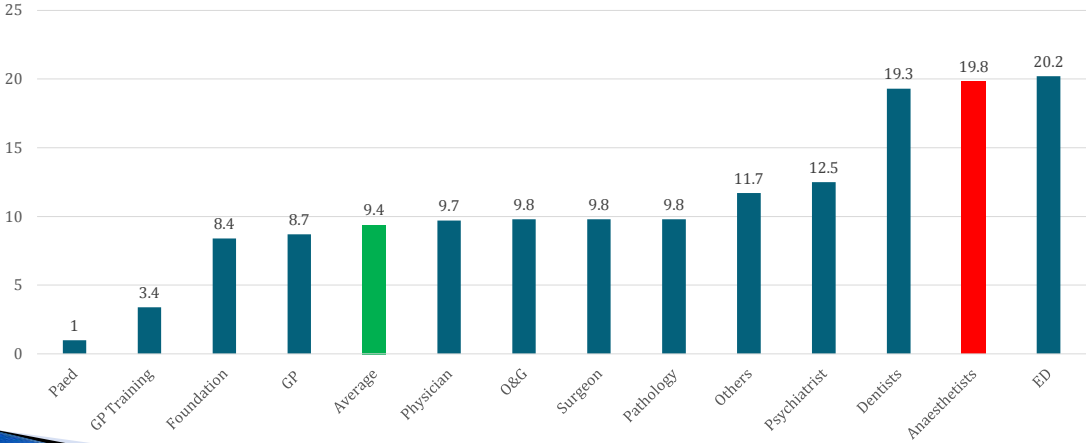
58% are under 39 years old

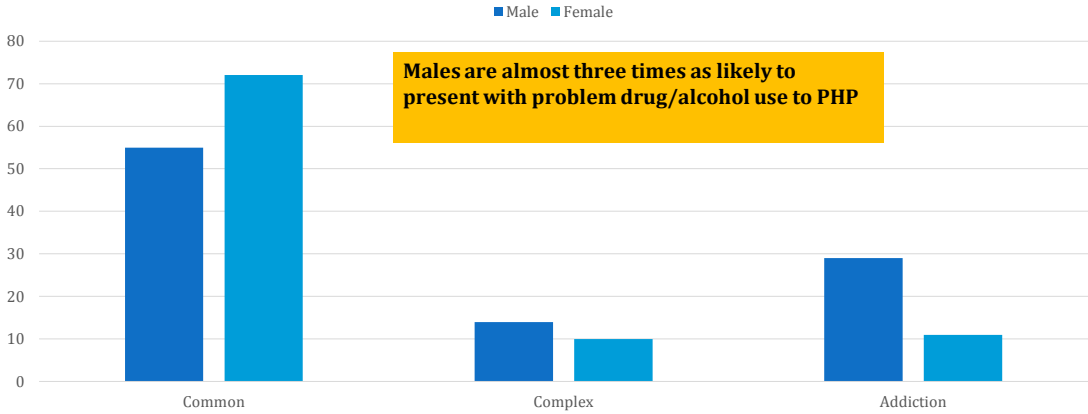
67% were trainees or those without a CCT

(42) 20% presented addiction

Anaesthetists High level figures

All: Addiction as % of total of specialty





Anaesthetist: % presenting in each category as % of presentations

The high mortality from both drug use and suicide remains a serious and difficult problem amongst anaesthetists



GMC advice



GP Health Service
Practitioner Health Programme

If, with the right support,
you are able to
manage a health problem so that
the care that you give your patients
is not affected,
then your fitness to practise
won't be affected.
So there will be no need for us to
be involved or even to know about it.

The myth and the reality



GP Health Service
Practitioner Health Programme

- ▶ Doctors are invincible **X**
- ▶ Sick doctors always know when they are sick **X**
- ▶ Sick doctors who know they're sick always know what they need to get better **X**
- ▶ Sick doctors always get excellent Rx **X**
- ▶ Doctors always follow doctors advice **X**
- ▶ Doctors look after themselves **X**



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
- ▶ Medical self
- ▶ Personality traits

Signs

- ▶ Sleep
- ▶ Continued low mood
- ▶ Lack of enjoyment
- ▶ Crying
- ▶ Anxiety
- ▶ Headaches
- ▶ Tiredness
- ▶ Changes in appetite
- ▶ Bowel problems
- ▶ Changes in sexual appetite/ function
- ▶ Easily irritable/ aggressive
- ▶ Concentration difficulty
- ▶ Procrastination
- ▶ Avoidance
- ▶and the rest...



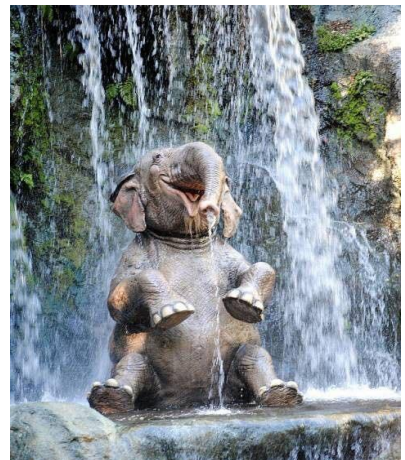
What can PHP do?

- ▶ Listen
- ▶ Access to talking therapy
- ▶ Sick notes
- ▶ Prescribing
- ▶ Admission
- ▶ Support groups
- ▶ Bereavement group



What can you do?

- ▶ Learn to relax (different for everyone)
- ▶ Physical activity
- ▶ Eating well
- ▶ Addressing alcohol and drugs
- ▶ Supportive relationships - speak to others
- ▶ Self help
- ▶ Sleep
- ▶ Seek an external opinion (professional?)



Any Questions?

www.php.nhs.uk

