

# The Wounded Healer 2018

## International Practitioner Health Summit

### The Wounded Healer

4 – 5 October 2018

We are very proud to have hosted this important summit focusing on the health of doctors and dentists with speakers, researchers and experts from around the world.

The programme examined the causes of the rising tide of mental ill health found among the medical profession and the consequences of this in terms of recruitment, retention of doctors and rising numbers who are taking their own life. It also explored models of care and interventions to support the well-being of the clinical workforce.

Full details of the programme and work stream abstracts are available [HERE](#).

Videos of the keynote speeches plus a selection of the presentations will be available shortly.

We also presented the report of our service, detailing activity and outcomes of the first 10 years of the only NHS funded physician health service, highlighting key areas. The full report can be downloaded [HERE](#).

As a follow up to the Wounded Healer Conference this week we are planning a special publication of Recent Advances in Psychiatry on the topic of physician health, to be published in early 2019. The special edition is designed to showcase original research and other work deriving from the Wounded Healer Conference and related material.

You can submit an abstract by the extended deadline of end of October 2018. Full papers/contributions will be due by end of January 2019. Click below for details:

## Call for Abstracts

### Service highlights between November 2008 – March 2018

#### Headlines

Between 2008 and 2018, over 5000 doctors have presented to PHS. 3,767 of these have gone on to have full assessments and become our patients.

The remainder are: people who have sought advice from us and not progressed to pharmacists; medical students; senior managers and other health practitioners seeking arrangement; or doctors who have passed through one of our group activities (group Think programme, reflective practice groups).

From a London-based team of three in 2008, over the last decade we have grown to 300 clinicians, special advisors, clinical leads, therapists and operational staff across the country.

PHS is the only NHS-funded practitioner health service.

PHS is the largest physician health service in Europe providing the whole range of services from community detoxification to residential rehabilitation; from individual to group therapy; from mental health to addiction treatment; from consulting room to back to work).

Our delivery costs work out at around £54 per head for the population we serve.

At the start of the service we saw slightly more men than women (M53% vs W47%) but over the first decade women far outnumbered men (M32.5% vs W67.5%).

Over the years, the service has seen a year-on-year drop in the mean age of doctors seeking treatment, from 51.6 years in 2008 to 38.9 years in 2018.

Not surprisingly, given the age of doctors we see, many are still training.

The service saw a significant increase in self-referrals in 2016 which coincided with the Doctor strike.

Overall, 430 doctors have been involved in regulatory processes (GMC, GDC).

We believe we have the largest number of doctors with bipolar affective disorder in the UK.

single service anywhere in the world.

We believe we have the largest cohort of doctors being treated for addiction in a service anywhere in the world.

Overall, most patients (83.5%) suffer from mental health problems; 10.1% have a substance use disorder and 6.3% other diagnoses.

Around 25% of practitioner-patients were not at work when they presented to us.

## **Outcomes**

Over the decade, and across all services, we have had excellent outcomes with re-employment and return to work. Improvement in patients' mental health and social functioning

Numbers of health professionals returning to work or training

Reducing potential risk to practitioner-patients and the public

Excellent patient satisfaction scores and feedback

Evaluation scores demonstrate that all groups of practitioner-patients have improved outcomes, regardless of gender or diagnostic category

Return to work

Abstinence rates for those with addictions.

-At discharge, approximately 76% of those not at work returned to work.

Over the last 10 years we have returned more than 1,000 doctors back to the workforce.

There has been a large drop in those involved with the regulator, from 33% (2008/09) to 11% (2017/18). Averaged out over the years 2008-2018, the figure is 11%.

Over the years we have seen a marked drop in the percentage of doctors with addictions, from 36% (2008/09) to 10.1% (2017/2018).

As a percentage of those presenting from specialties, anaesthetists, dentists and other health professionals are more likely to present with problems related to addiction than patients from other specialties.

On all measures (using validated instruments), our patients improve with our care, decreases levels of distress and improves work and social functioning.

### **Feedback**

PHS consistently receives positive written and verbal feedback from practitioner-patients and families. Survey results from PHS patients show:

93% are extremely likely/likely to recommend PHS to a friend or colleague

88% say PHS has had a very positive or positive impact on their personal wellbeing

81% say PHS has had a very positive or positive impact on their family life

78% say PHS had a very positive or positive impact on their ability to work or train