

The background features a light purple-to-blue gradient. Scattered throughout are several realistic water droplets of various sizes, some with highlights and shadows. In the center, there is a faint, light-colored circular graphic that resembles a stylized sun or a lens flare.

GP Health Service

Mopping Up

Dr Zoë Neill

How do you treat bleeding oesophageal varices?



The Toxic Situation

Jeremy Hunt
appraisal
COQC
demand
indemnity
workload
revalidation
litigation
QoF
burnout
complaints
complexity
inspections
ageing
funding
Hunt

Learning objectives

- Understand what GP Health is and how to access it
- Consider that GPs are humans too and can become mentally unwell

A GP *can* be mentally ill

- 85% of GPs experience mental ill health
- Only 39% would disclose it
- Risk of normalising GP experiences
- Late presentation – more unwell

GP Health works

- 90 % recovery rate
- GPs get better quickly with relatively little help

How do you know if you're unwell?

- PHQ 9/GAD7/Maslach burnout inventory
- Exhaustion – physical/emotional/cognitive
- Alcohol/drug use
- Other people are concerned

What does GP Health Do?

- Self-referral only
- Initial telephone contact via London office for basic data
- Telephone triage with clinician for 15-20 minutes within 1-2 days
- Local face-to-face 1.5 hour assessment with clinician (usually GP)

What does GP health do?

- Ongoing case management assisted by MDT (London-based)
- Easy/quick access to CBT and short-term psychotherapy
- Group therapy for 'Practice Meltdown' situations

What does GP Health treat?

- Common and complex mental health problems
- Mental health problems related to a physical problem
- Substance misuse including community detox
- Rehab and return-to-work after period of mental ill-health

It's Confidential



- Not 'NHS

Confidential' but

CONFIDENTIAL

It's accessible

- Monday – Friday 8- 8
- Saturday 8-2
- Not an emergency service

What GP Health isn't

- Not a replacement for the NHS
 - Can see your own GP too
 - Wraps around existing CMHT care plan
- Not an occupational health service – works with OH

GMC

- Memorandum of understanding with GMC
- Less than 10% referred to the GMC (with their consent)
- Only 6 doctors referred without consent to GMC in 9 years

Wider Aims of GP Health

- Reduce stigma
- Create culture of doctors looking after themselves
- Try to change the wider system – the toxic environment
 - e.g. data collection to influence policy
 - Supervision/reflective groups for GPs

How to get in touch

- 0300 030 3300
- gp.health@nhs.net

Questions?