



Practitioner Health

# NHS Practitioner Health NHS Workforce Wellbeing

[www.practitionerhealth.nhs.uk](http://www.practitionerhealth.nhs.uk)

**Tel: 0300 030 3300**



**@NHSPracHealth**



**NHS Practitioner  
Health**

*Supporting the health of health professionals*

# Mental health treatment for

- Doctors
- Dentists
- Retired doctors returning to practice
- Medical students starting clinical practice

Open as normal England  
wide  
(remote consultations)

**Email: [Prac.Health@nhs.net](mailto:Prac.Health@nhs.net)**

**Tel: 0300 030 3300**

A decorative graphic in the bottom left corner consisting of overlapping blue and black shapes.

# NHS workforce wellbeing

Wellbeing Resources

Workforce Wellbeing Resources

Events Calendar

Support Services & Access to Therapy

Covid-19 Workforce Wellbeing Videos

Webinars and Podcasts

Wellbeing Apps

# Wellbeing Expert Speaker series

The series of webinars will provide NHS staff with expert tips on specific topics for each month.

The series will begin this month with **'Beating Burnout'** on Thursday 19th October at 7:30pm hosted by Dr Sarah Goulding - wellbeing expert, GP, coach and TPD.

Link to

register: [https://us02web.zoom.us/webinar/register/WN\\_tTf354UvRaKOUFWwk-71\\_g](https://us02web.zoom.us/webinar/register/WN_tTf354UvRaKOUFWwk-71_g)

Future webinars covering the following topics:

- November - 'Am I drinking too much'
- December - 'COVID at Christmas'
- January - 'New year, New you'
- February - 'Get off your screen and into the green'.



**NHS**  
Practitioner Health

## BEATING BURNOUT

A Webinar hosted by  
Dr. Sarah Goulding - an NHS  
GP and Coach for doctors,  
specialising in Career  
Development and Wellbeing.

Understand what burnout is,  
why it affects health workers so  
commonly, how to combat it and how  
to ask for help if needed.

You will come away with some specific  
strategies for protecting and boosting  
your wellbeing in these difficult times.

**OCTOBER 19TH • 7:30 PM**

REGISTER AT  
[PRACTITIONERHEALTH.NHS.UK](https://practitionerhealth.nhs.uk)

# How do patients access PH?

- ▶ National telephone number - **0300 030 3300**
- ▶ E-mail - **[prac.health@nhs.net](mailto:prac.health@nhs.net)**
- ▶ Web – **[www.practitionerhealth.nhs.uk](http://www.practitionerhealth.nhs.uk)**

# Our objectives

Improve mental health

Reduce stigma

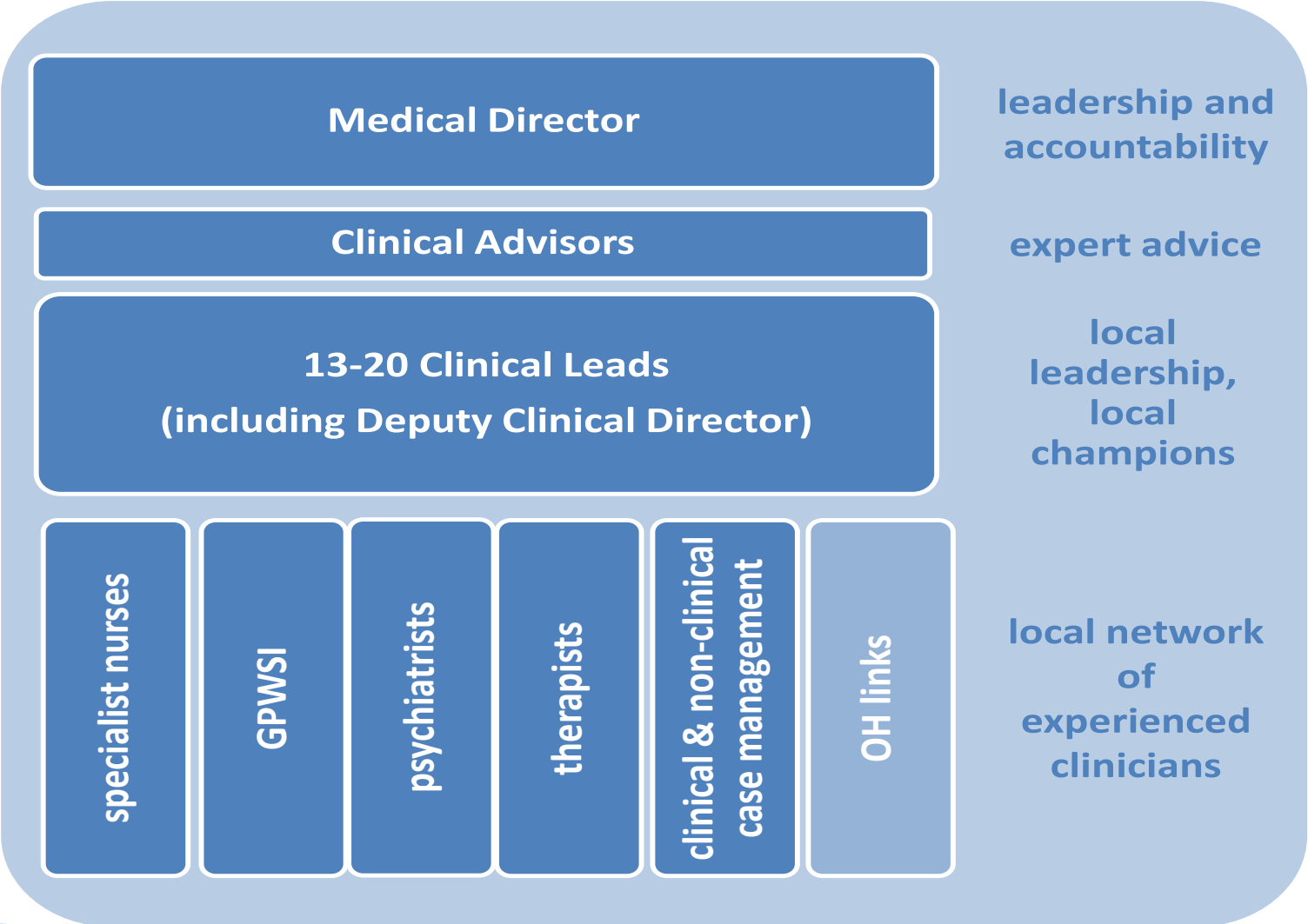
Retain and return to work



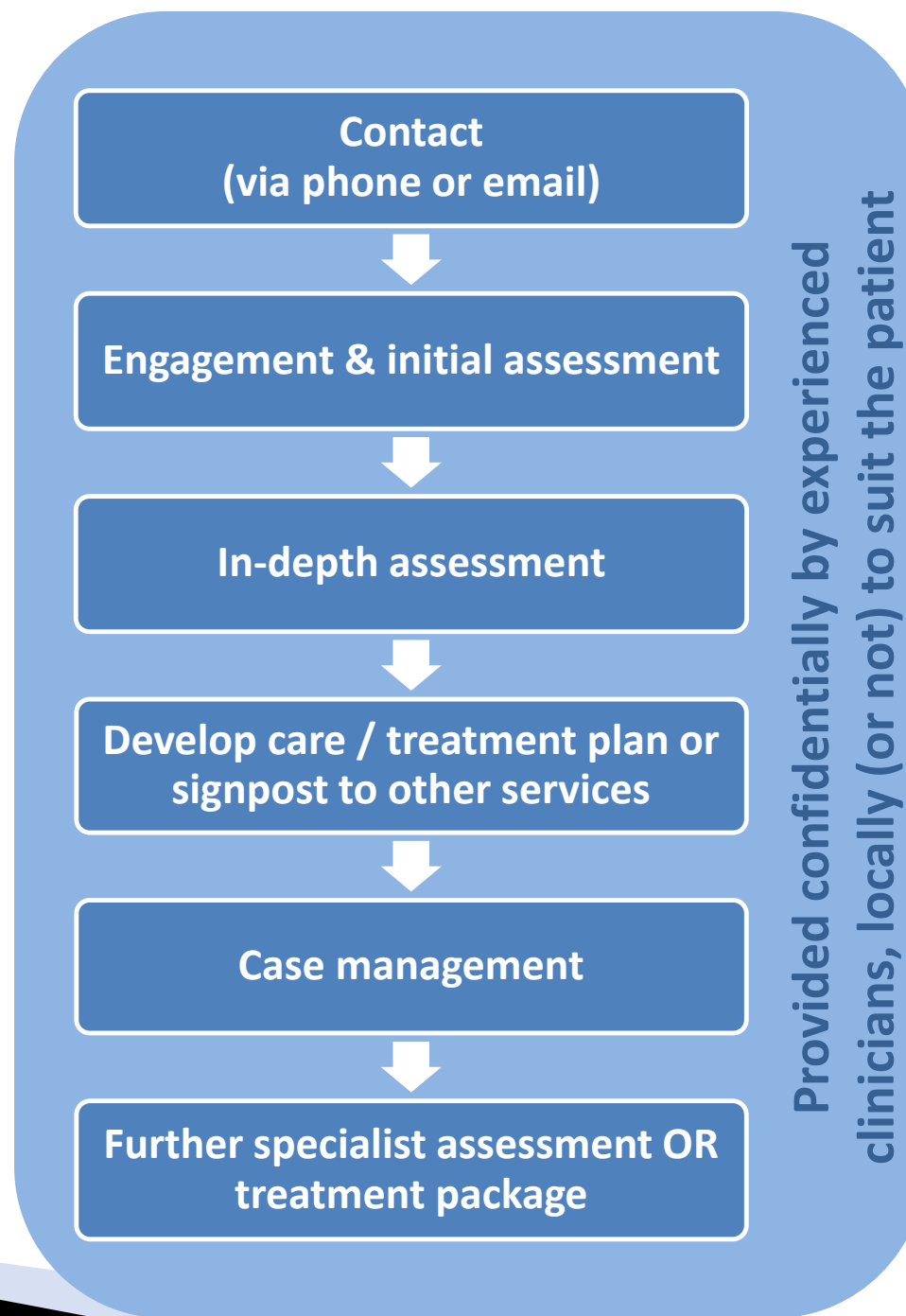
# What is the service structure?



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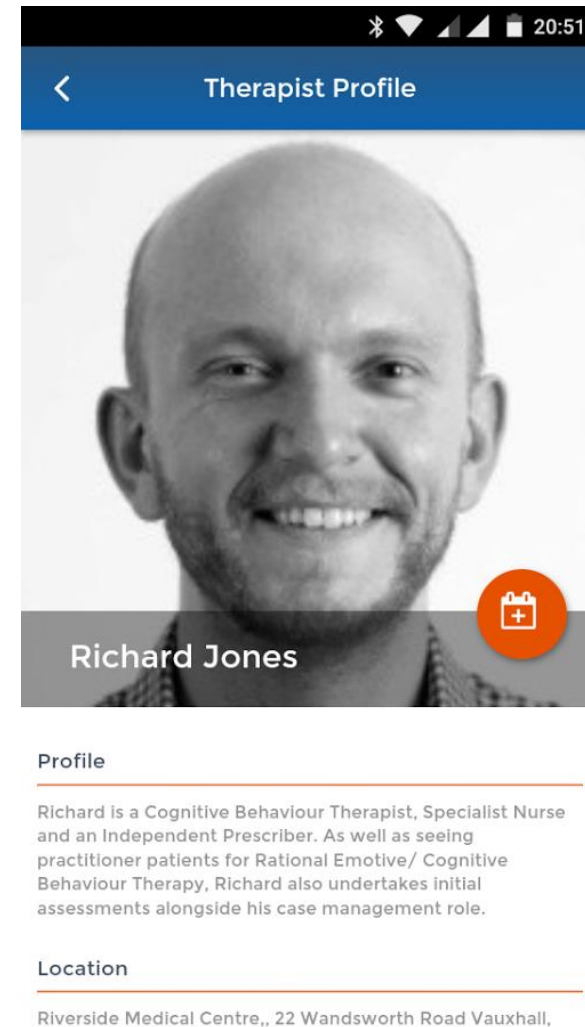
**What can  
practitioner  
patients  
expect when  
they access the  
service?**





# Any time, any person, anywhere

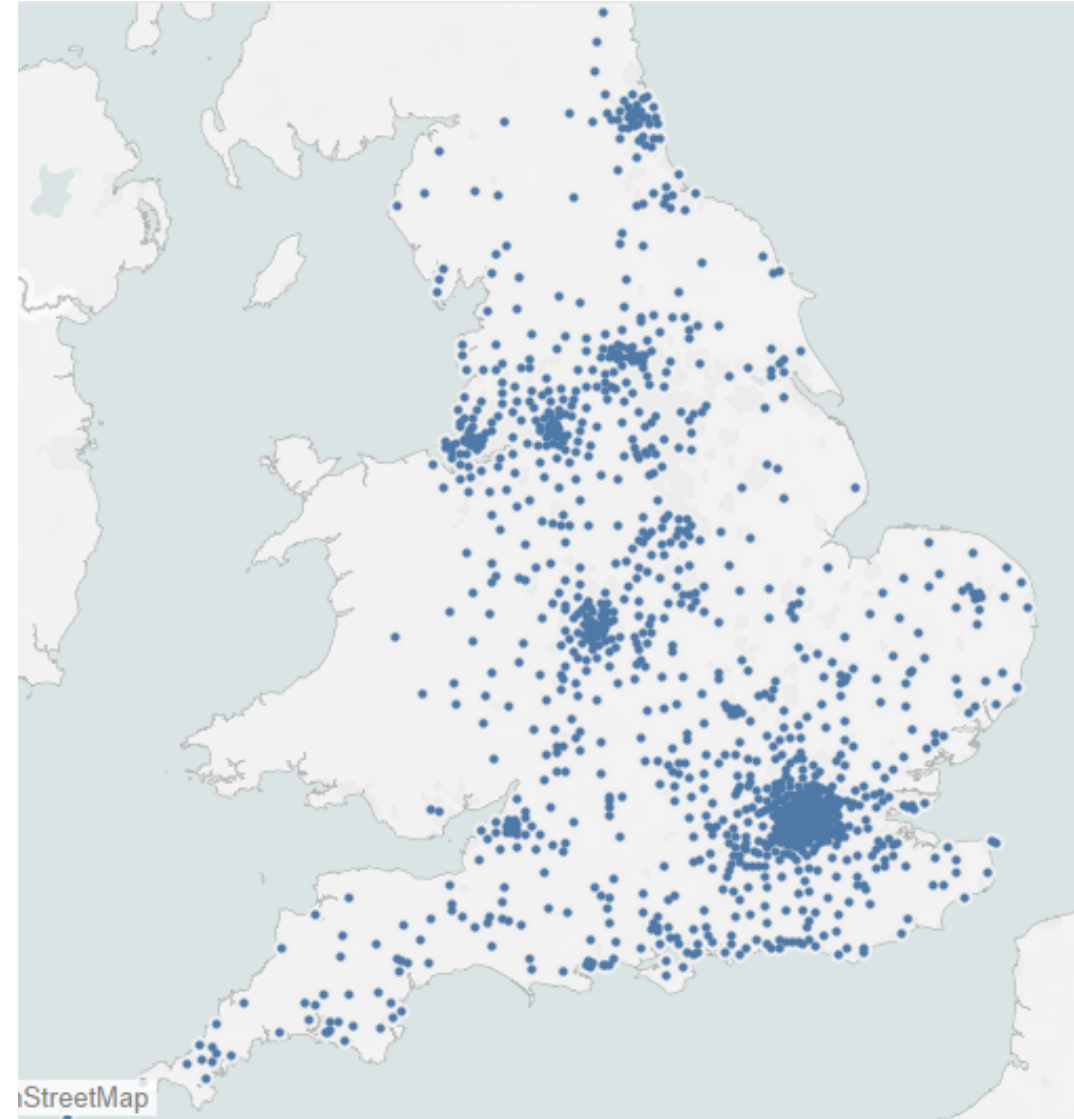
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# Patients come from all over the country

## 2020-21 New Patients: NHS region

Region Name	Dec 2020
London	34%
North East and Yorkshire	12%
South East	12%
North West	12%
Midlands	13%
South West	9%
East of England	7.5%
Not recorded	0.25%
Scotland	0.25%
<b>Total</b>	<b>100%</b>



# Primary reason for accessing PH



# Speciality groups



**GPs**

GPs comprise roughly 50% of the patient seen at PHP (67% female, 33% male).



**PSYCHIATRISTS**

Among the psychiatrists that have presented to PHP for treatment, 46% have been men and 54% women.



**SURGICAL SPECIALTIES**

Unlike most other specialties, more men than women have presented to PHP from surgical specialties (59% vs 41%).



**ANAESTHETISTS**

212 anaesthetists have presented to PHP over the 10 years it has been running (51% female, 49% male).



**OBSTETRICIANS AND GYNAECOLOGISTS**

Almost all O&G practitioner patients who have presented to the service over the past 10 years have presented with mental health problems (92%) and only 6% with an addiction issue.



**PAEDIATRICIANS**

Paediatricians have represented around 5% of referrals to our service over the past 10 years, 79% of patients have been working at presentation.



**DENTISTS**

Dentists have represented quite a small proportion of the patients seen at PHP over the past decade.



**INTERNATIONAL MEDICAL GRADUATES**

IMGs have additional needs in comparison with other doctors presenting to the service.

# Morbidity

Patient Snapshots *	%
Green	89%
Amber	2%
Red	1.5%
<i>Unassigned</i>	7.5%
<b>Total</b>	<b>100%</b>

Patient Snapshots*	%
Common Mental Health	74%
Complex Mental Health	5%
Multiple Diagnosis	2%
Addictions	3.5%
Physical	2%
Other- Assessment only	0.5%
<i>Unassigned</i>	13%
<b>Total</b>	<b>100%</b>

\*Snapshot as at 31<sup>st</sup> December 2020

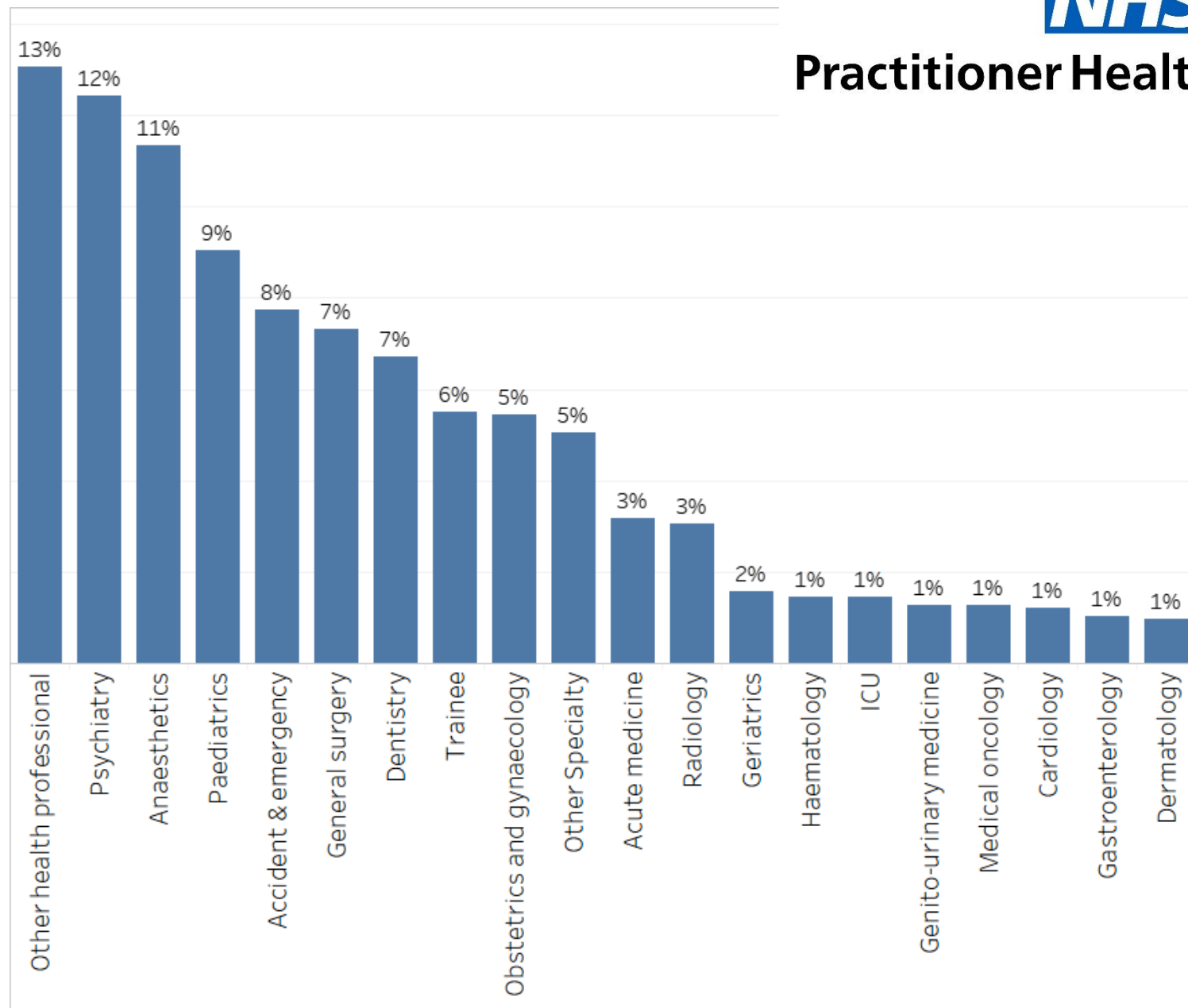
# Patient characteristics

- ▶ Training grades – 51% of those patients registering June to September 2020
- ▶ Females – 70%, Males – 30%\*
- ▶ 88% no regulator involvement\*
- ▶ Employment status\*:
  - 75% working
  - 19.5% sick leave
  - 1% suspended
  - 2% maternity leave
  - 2% unemployed
  - 0.5% retired

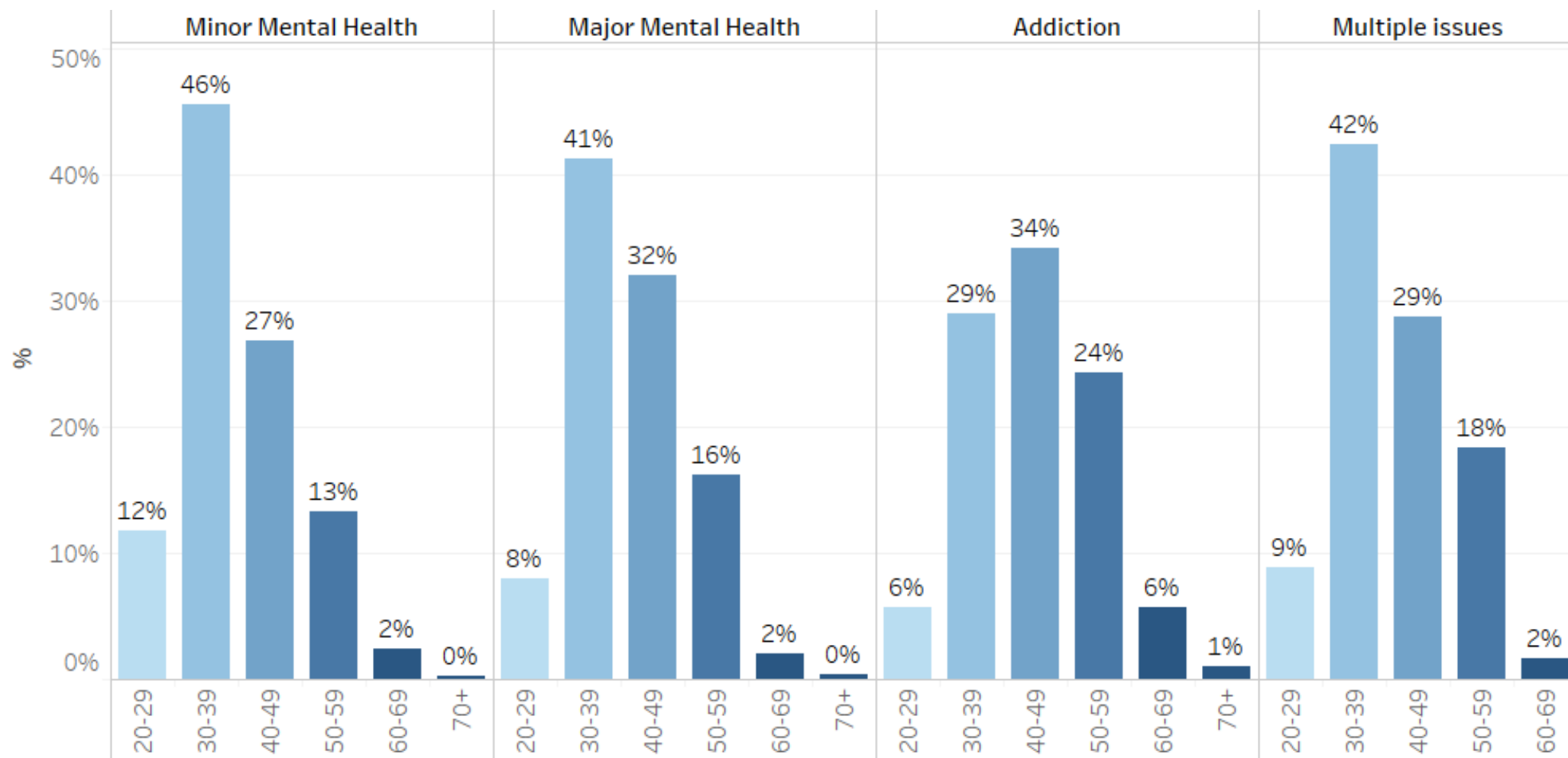
<i>Age Range</i>	<i>%</i>
<b>20-29</b>	13%
<b>30-39</b>	44%
<b>40-49</b>	27%
<b>50-59</b>	13%
<b>60-69</b>	3%

\*Snapshot as at 31<sup>st</sup> December 2020

## All specialties



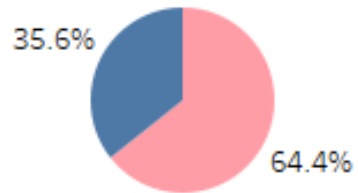
# Diagnostic category by age group



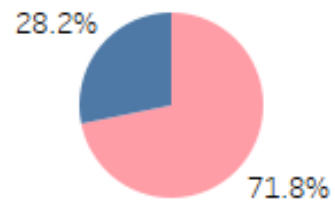


# Gender breakdown of categories

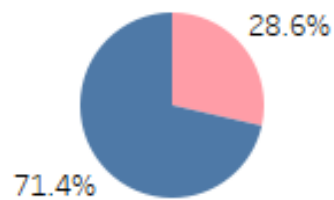
Minor Mental Health



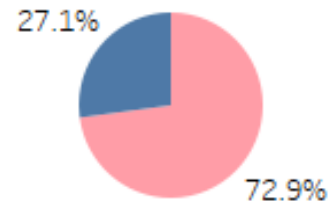
Major Mental Health



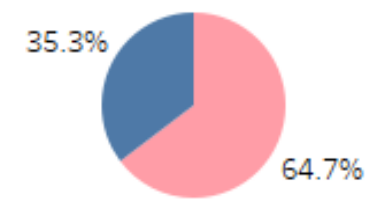
Addiction



Multiple issues



Physical Health Issues



# Outcomes

Improve mental health

Reduce stigma

Retain and return to work



# Summary of feedback

- 93% likely/very likely to recommend PH to friends and family
- 94% believe the service is confidential/very confidential
- 88% believe the service has had a positive/very positive impact on wellbeing
- 87% believe the service has had a positive/very positive impact on personal/family life
- 85% believe the service has had a positive/very positive impact on ability to work/train
- 79% believe the service has had a positive/very positive impact on ability to return to clinical practice
- 78% believe the service has had a positive/very positive impact on intention to keep working as a doctor



**Any questions?**



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