

# Health for Health Professionals (HHP) Wales

A service for doctors in Wales, UK

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# Background

- HHP Wales founded in 2012
- Funded by Welsh Government and managed by Cardiff University
- Provides any doctor in Wales with access to up to 8 sessions of CBT free of charge
- Premise is to ‘support doctors with mental health issues and improve access to appropriate services’

# Overview

- How the service works – first steps
- Data
- How it is perceived
- Next steps and lessons learnt

# HOW THE SERVICE WORKS

Doctor phones help line



Helpline undertakes initial triage and contact number



Helpline contacts Doctor Advisor with details



Doctor advisor contacts individual: Assesses their needs, find a counsellor in their area and checks availability



Doctor advisor provides individual with counsellor detail to make contact

# Dissemination

Source	Frequency
Internet	8
Colleague	7
Medic support	7
Email	5
OH	4
Poster/information	3
Medical/clinical	2
GP	2
Deanery	2

# OUTCOME MEASURES

- Counsellors make assessment using validated measures at session 1, 5 and 8
- Data recorded on an online questionnaire via Bristol On Line Survey (BOS)
- The counsellor may continue to work with doctor after 8<sup>th</sup> sessions (**Not** recorded on BOS)

# VALIDATED MEASURES

- **GAD 7** (Generalised Anxiety Disorder used in clinical practice and research)
- **PHQ 9** (Screening, diagnosing, monitoring and measuring the severity of depression)
- **WSAS** (The Work and Social Adjustment Scale for functional impairment attributable to an identified problem)

# HHP WALES HELPLINE CALLS 2012 - 2014

	Calls to helpline	Number of referrals
August - December 2012 (6 months)	42	35
January - December 2013 (12 months)	72	58
January - December 2014 (12 months)	79	60
Total	193	153

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## REASON DOCUMENTED AT ASSESSMENT FOR REQUEST FOR HELP

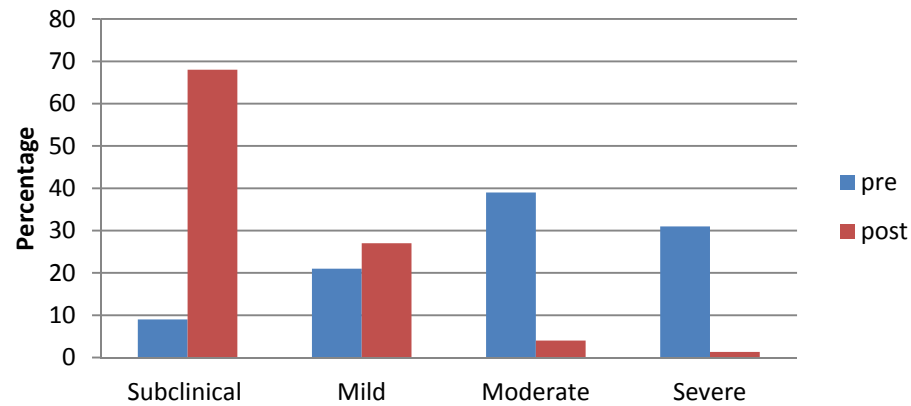
	Frequency	Percentage
anxiety	65	58.0
overwhelmed by work	49	43.8
depression	45	40.2
lack confidence	35	31.3
relationships	31	27.7
traumatic life event	18	16.1
isolation	11	9.8
bereavement	11	9.8
work related difficulties/stress	10	8.9
underperformance	6	5.4
chronic physical health condition	4	3.6
chronic mental health condition	3	2.7
stress	3	2.7
obsessional thought issues	3	2.7
anger	2	1.8
low self esteem	2	1.8
social anxiety	2	1.8
family related stress	2	1.8
perfectionism	1	0.9
PTSD	1	0.9
reconsidering career	1	0.9
self harm	1	0.9
worry	1	0.9
alcohol use issues	1	0.9

# Outcome data from validated measures

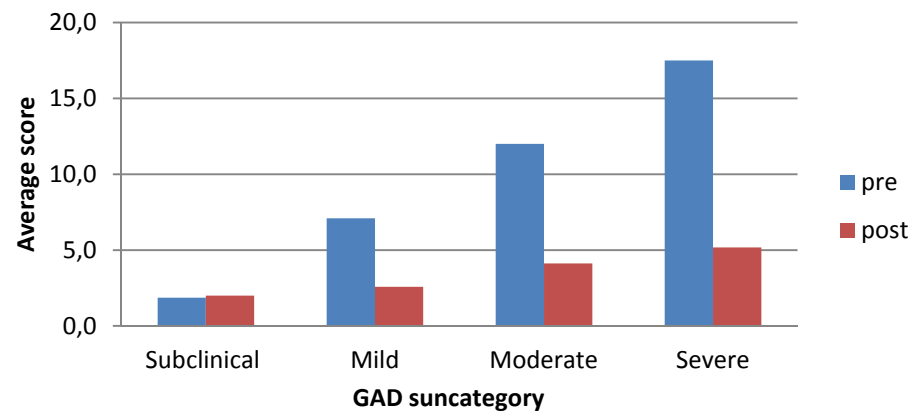


# GAD SCORE

## Percentage of clients in each GAD subcategory pre and post counselling

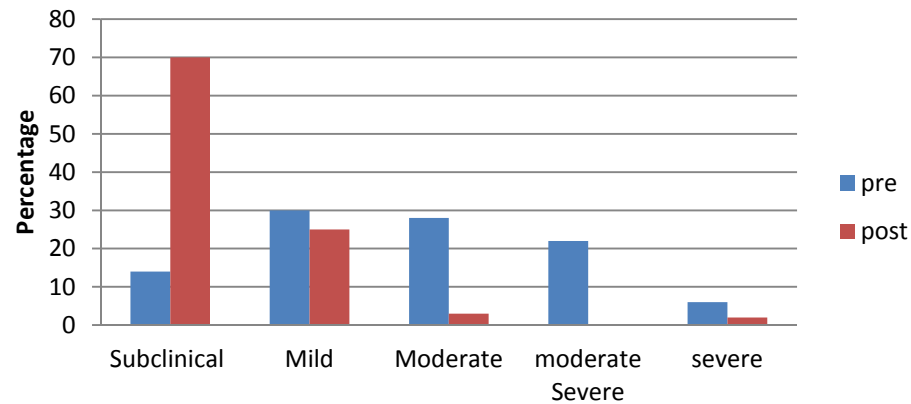


## Differences in average GAD scores pre and post counselling for each GAD category

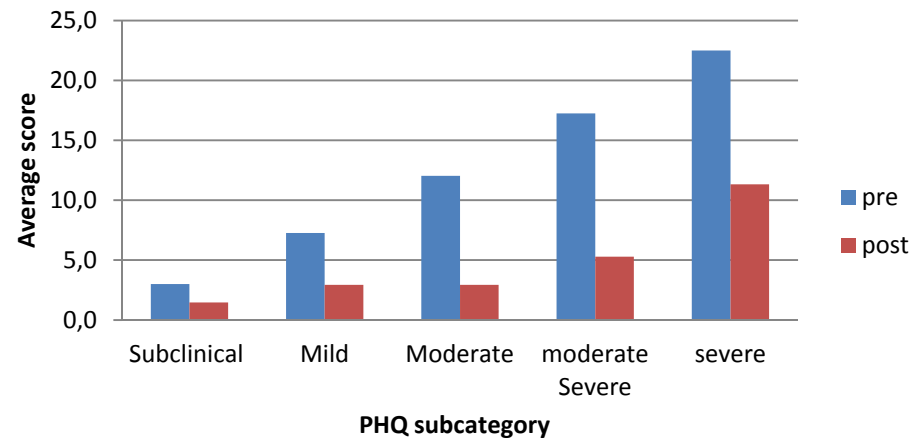


# PHQ9 SCORES

## Percentage of clients in each PHQ subcategory pre and post counselling

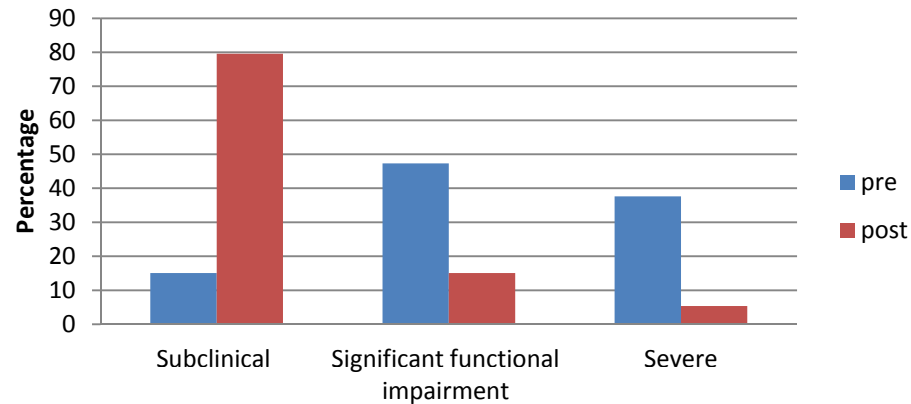


## Differences in average PHQ scores pre and post counselling for each PHQ category

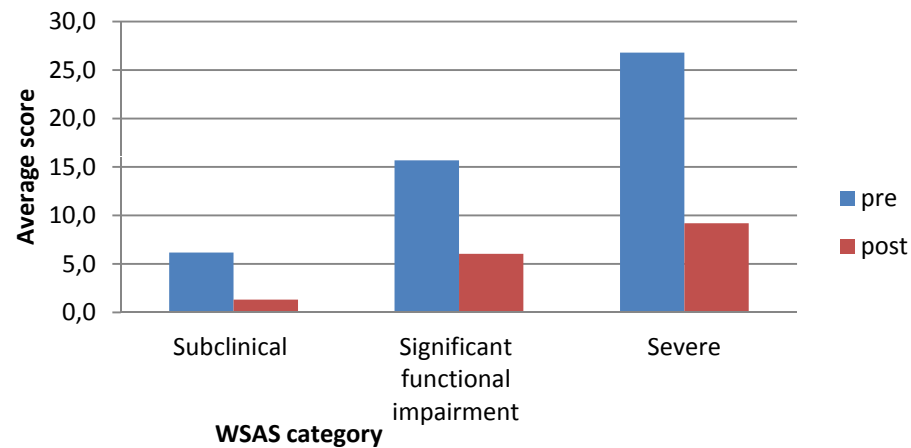


# WSAS SCORES

## Percentage of clients in each WSAS subcategory pre and post counselling



## Differences in average WSAS scores pre and post counselling for each WSAS category

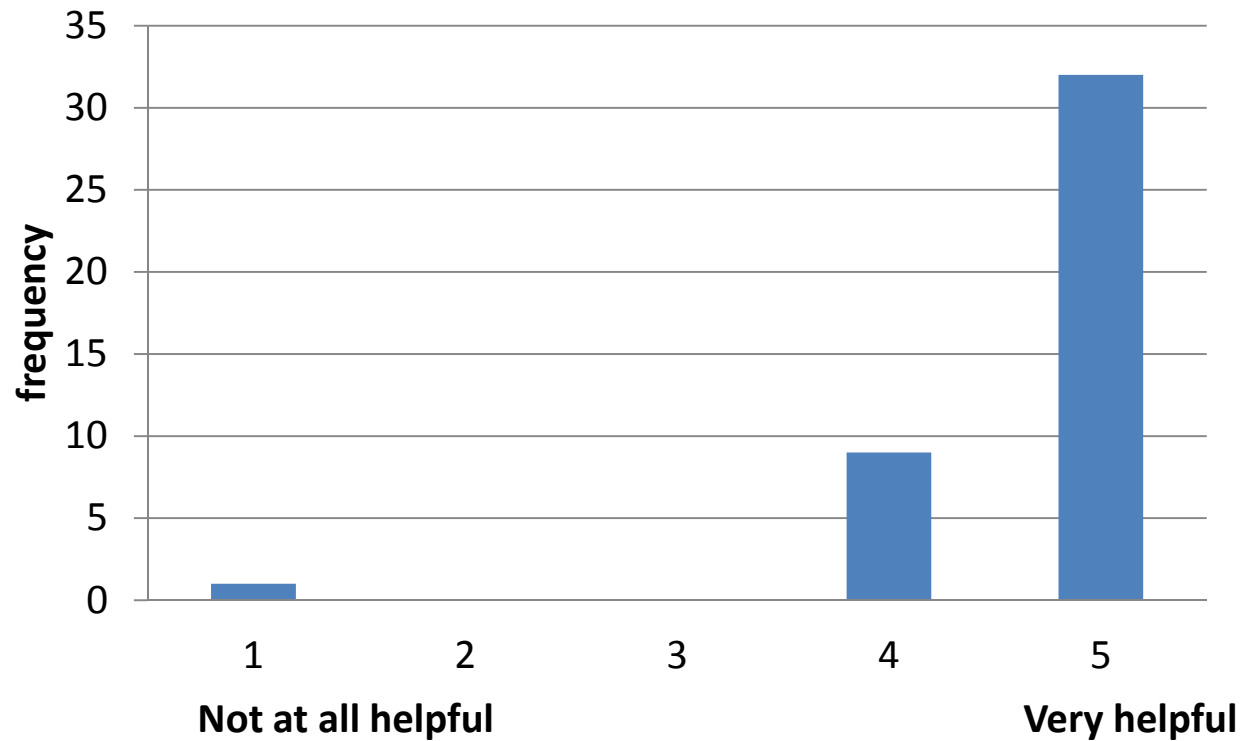


# Feedback from clients



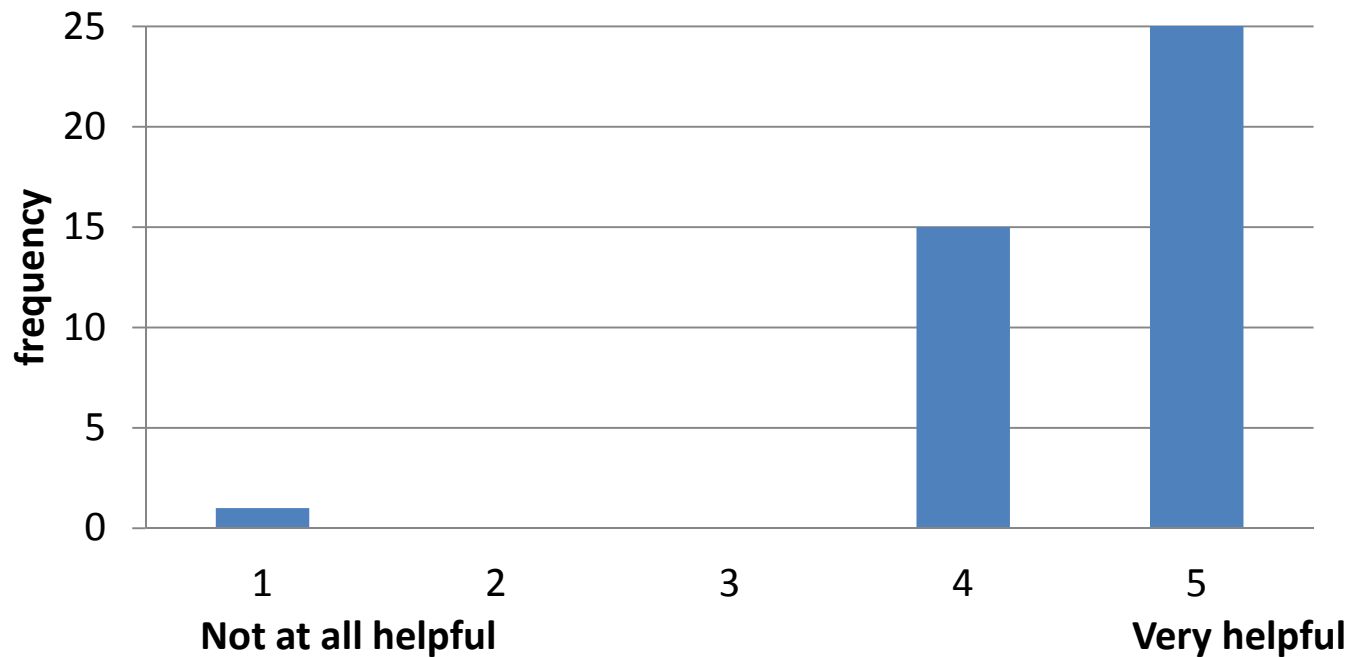
# HOW HELPFUL?

How helpful was counselling in helping you deal more effectively with your problems



# HOW BENEFICIAL TO YOUR WORK LIFE BALANCE

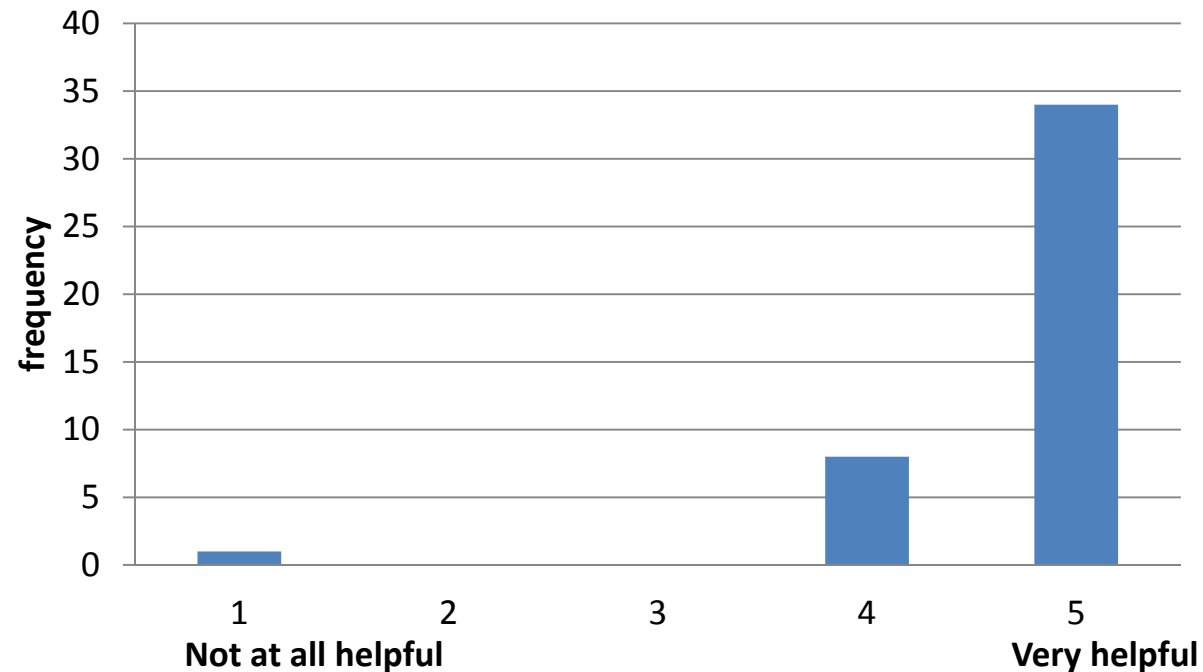
In your opinion how beneficial has counselling been to your life at work





# OVERALL HOW HELPFUL WAS THE SERVICE ?

Overall how helpful was the service for you



# NEXT STEPS

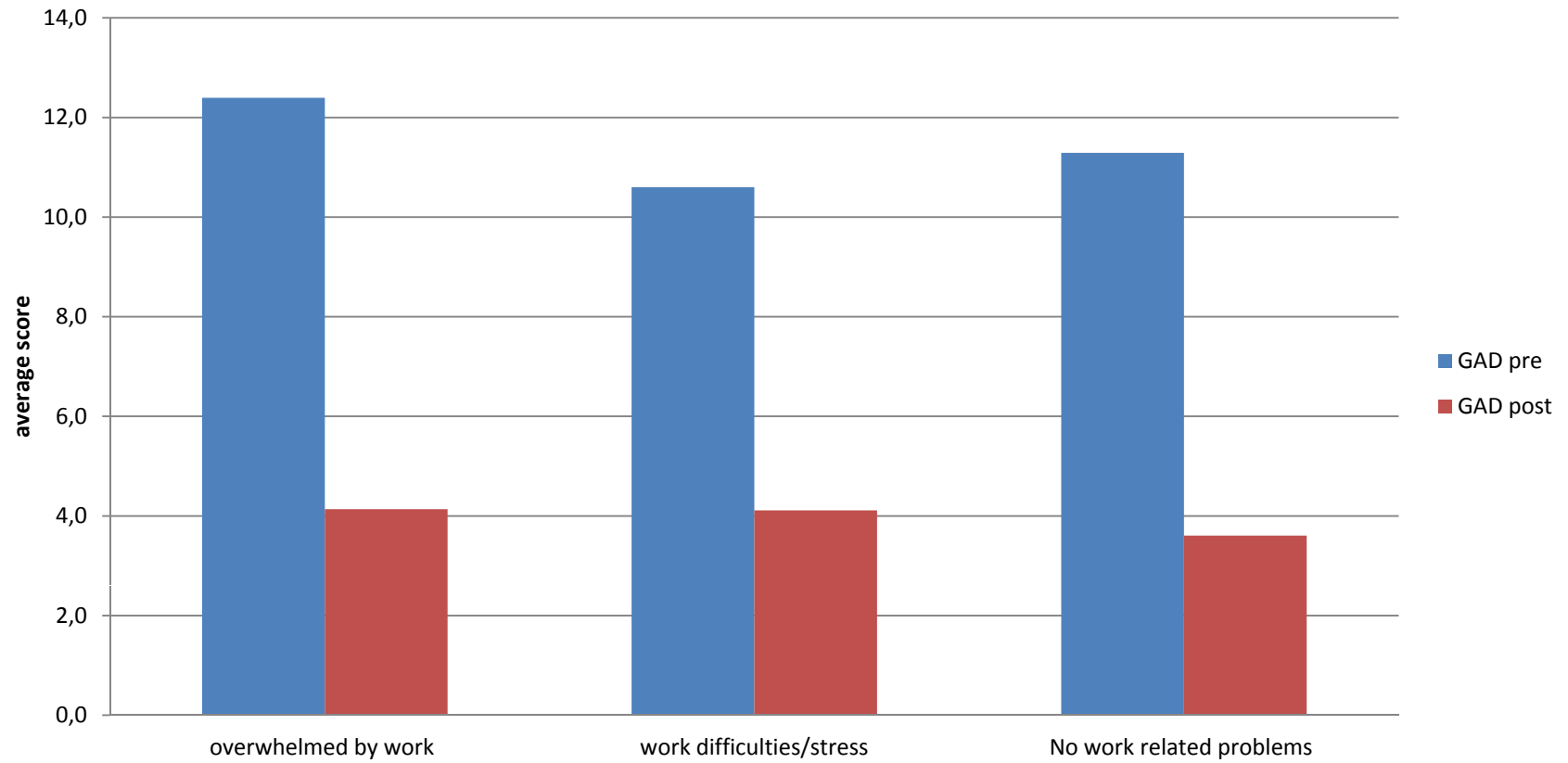
- Recruitment of more counsellors in hard to reach areas
- Links to local charity services to develop bespoke services for doctors
- Additional service for more complex cases (Joint OH and Psychiatry clinics in Health Boards)
- Further CPD events

# Thank you

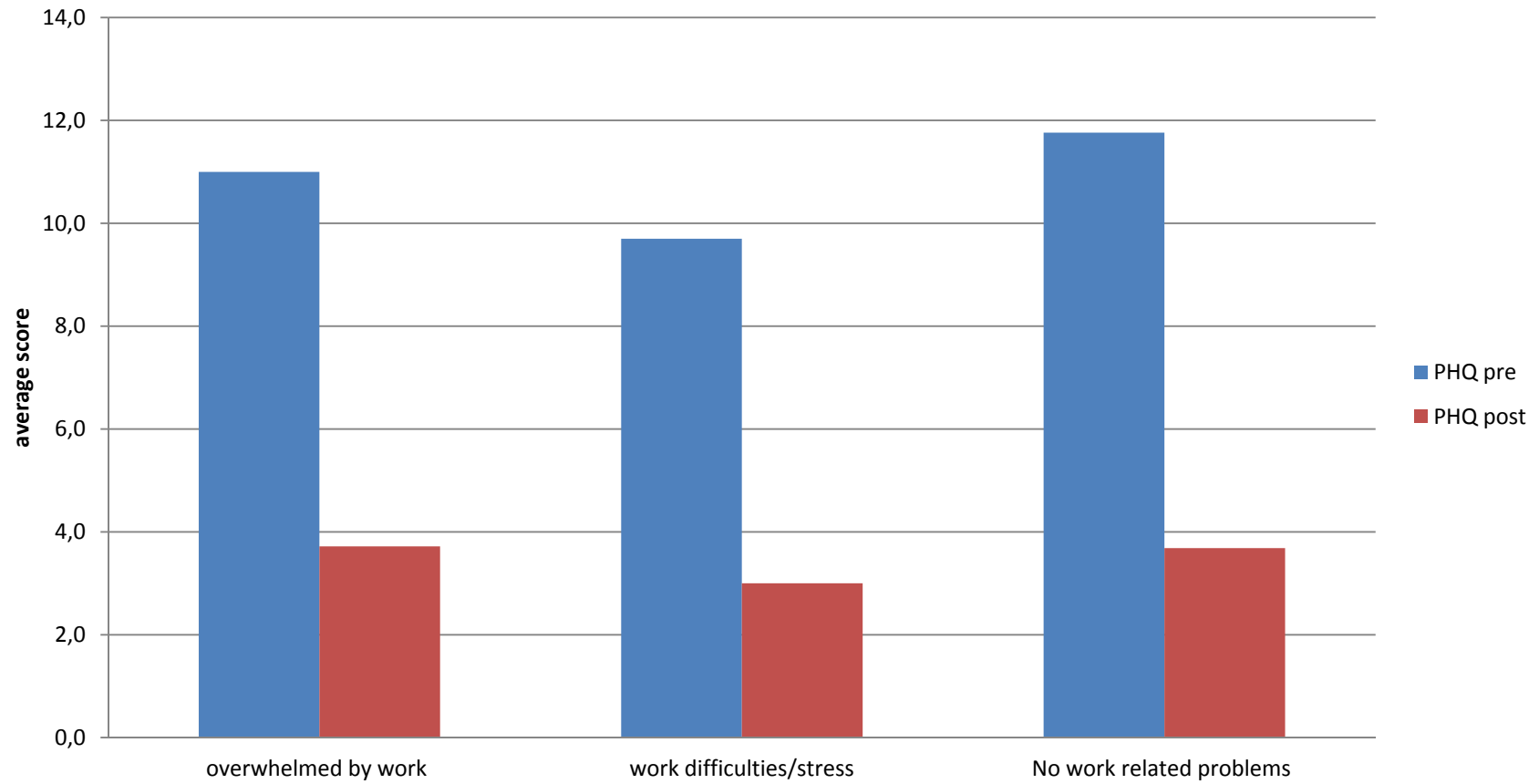
cohenda@cardiff.ac.uk



Differences in average GAD scores pre and post counselling for reasons for referral - work vs no work related problems



Differences in average PHQ scores pre and post conselling for reasons for referral - work vs no work related problems



**Differences in average WSAS scores pre and post counselling for reasons for referral - work vs no work related problems**

