

Medical Director's Report - Annual General Meeting- November 15 2010

Management and administrative:

The staff at VDHP are to be thanked for their continuing hard work and dedication. Though the VDHP team is a small one, we have achieved much in the field of Doctors' Health this year.

Prof Greg Whelan has left VDHP. His work and contribution throughout the year has been invaluable. We are also missing Dr Matthew Frei who also resigned to pursue other roles in addiction medicine. Cheryl Wile, our psychologist, has been with VDHP for eight years and as well as being a readily approachable, skilled counsellor, she is the mainstay of the case management at VDHP. We employed two new Senior Clinicians, Dr Sandy Youren and Dr Amanda Young.

Ali Glen continues in her role of Office Manager. She contributes a wealth of experience in administration and organisation and has continued to streamline office procedures, update the treatment panel and improve our liaison with external organisations.

VDHP continues to employ services of accountant Ms Jenni Hamilton of Marjen Accounting Services who has been able to produce regular reports on financial activity and prepare the accounts for the annual audit.

The VDHP clinical team have continued to meet weekly with the Office Manager to discuss administrative issues.

Revision of the VDHP policy and procedure manual has now been completed.

Throughout the year the VDHP staff have been continued to be supported by the VDHP Board and its two subcommittees:

The **Quality and Case Review** committee met on five occasions and has reviewed de-identified case summaries and advised staff on appropriate assessment, support and referral and policy directions in the VDHP.

The **Finance and Audit** subcommittee met on five occasions. This committee has continued to oversee financial matters and to act as an internal auditing group. It has benefitted from the addition of a senior accountant to its membership, especially in preparation for the annual audit.

The VDHP, along with Doctors Health Advisory Services from around Australia and New Zealand, is a member of the Association Doctors Health Interest Group (ADHIG). Dr Jenkins participated in regular ADHIG teleconferences. Dr Jenkins and Dr Frei both presented papers at the Doctors Health Conference in Adelaide in September 2009.

The VDHP consultative council met on 14 October 2009 and 2 June 2010. 23 organizations sent representatives and participants were able to comment, advise and make suggestions for future work of VDHP.

Clinical work:

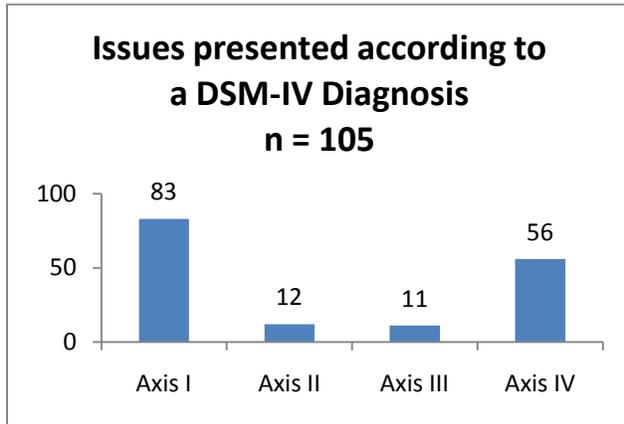
VDHP clinicians have continued to respond to clinical work demands in a timely and flexible fashion offering doctors and medical students urgent and out-of-hours appointments if necessary.

Figures showing the number of enquiries and face to face referrals in 2009/10 are found below.

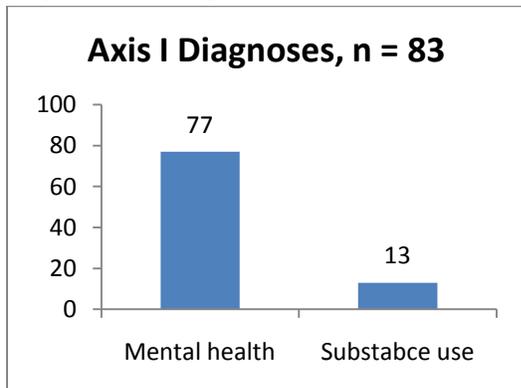
New enquiries	193
New face-to-face assessments	105
Follow up appointments	341
Participants currently on a case management agreement (as at 30 June)	52

The following graphs represent the presenting problems for those who attended VDHP face-to-face in 2009/10:

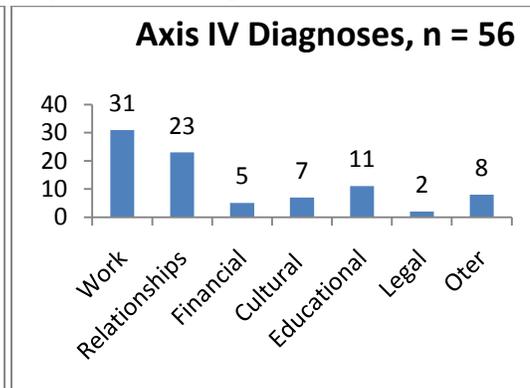
Graph 1: Presenting Issues



Graph 2: Axis I Diagnoses



Graph 3: Axis IV Diagnoses



Often several phone or email contacts transpire before a doctor attends in person. Sometimes a doctor's problems are addressed totally by telephone or electronically: the extent of this aspect of VDHP work is not represented in these figures; neither is the extent of the follow-up work done by VDHP clinicians.

The clinicians have met weekly to discuss in a confidential way, optimal management and treatment plans for VDHP participants.

VDHP has continued to update and extend the panel of GPs, addiction medicine specialists, psychiatrists, psychologists and other clinicians who are known to have expertise in treating doctors. The arrangements and agreements developed with The Melbourne Clinic and psychiatrists at the Albert Road Clinic have continued to work well in facilitating timely reviews and ongoing treatment for doctors who need psychiatric services.

Caduceus, our self-help group for doctors who have experienced, or are experiencing issues of substance misuse has continued to meet weekly at a suburban location. It has been facilitated, as previously, by experienced psychologists and attendance averaged ten participants per week.

VDHP offers a **case management program** that provides case management, aftercare and monitoring (CAMP) for doctors with substance use, mental health or physical health problems. We continue to offer case management to doctors who need that degree of support, facilitating coordination of and liaison with external agencies, multiple caregivers and the participant's workplace. VDHP case manages on average 50 doctors/students at a time. The CAMP program case manager coordinates the team of treating clinicians for the individual doctor-patient and can work with the relevant personnel at the doctor's workplace to facilitate a "return to work program". The treating team usually consists of combinations of GP, psychiatrist, addiction medicine specialist, psychologist or counsellors. There were 52 participants on CAMP agreements on 30/06/10.

Education, presentations and publicity/promotion of awareness:

In the year 2009/10, VDHP staff made 30 educational presentations (see 'Performance Measures' section of this report for a full listing).

These included orientation session for new interns, presentations to GP and specialist groups.

For medical students we have continued to have input into their curriculum studies, providing lectures and workshops about doctors' health issues at Melbourne, Monash, Deakin and Notre Dame (at Werribee Hospital) Universities. This has included a presentation to medical students in their 3rd year at Monash Central campus as they enter clinical training and presentations to 4th year Monash students as they begin their psychiatry rotations.

Table 1: List of educational presentations/workshops

Date	Details of Presentation	Staff member/s
03.07.2009	Monash University Clayton 'Life in the Real World' MUMUS Seminar	Prof Whelan
04.07.2009	Colac Hospital	Dr Frei
06.07.2009	4 th year Monash Medical Students at the Alfred Hospital	Dr Jenkins
24.08.2009	'Inspiring Women in Medicine' Event at AMAV	Dr Jenkins
28.08.2009	MIIAA conference	Prof Whelan
03-05.09.2009	Doctors Health Conference	Dr Breen, Prof Whelan, Dr Jenkins & Dr Frei
09.09.2009	Frankston Hospital Grand Round	Dr Jenkins
17.09.2009	Monash University Clayton MUMUS Wellness Forum	Dr Frei
18.09.2009	Newly registered IMGs at the Medical Board	Dr Jenkins
06.10.2009	GP Mental Health Week Presentation	Prof Whelan & Dr Jenkins
14.10.2009	Newly registered IMGs at the Medical Board	Dr Jenkins
23.10.2009	RACS Annual general, scientific and fellowship meeting in Lorne	Dr Jenkins & Dr Frei
30.10.2009	ACRRM Conference	Dr Frei
11.11.2009	2 nd year Post Graduate Medical Students at Deakin University	Dr Jenkins
13.11.2009	Newly registered IMGs at the Medical Board	Dr Jenkins
08.12.2009	Interns at Eastern Health	Dr Jenkins
09.12.2009	Newly registered IMGs at the Medical Board	Dr Jenkins
13.01.2010	Sunshine Hospital Event for 2010 Interns	Dr Jenkins
01.02.2010	3 rd year Undergraduate Medical Students at Monash University Clayton	Dr Jenkins
19.02.2010	Graduate students at Monash University, Churchill	Dr Jenkins
26.02.2010	Graduate students at Monash University, Churchill	Dr Jenkins
05.03.2010	2010 Interns at St Vincent's Hospital	Dr Jenkins
13.04.2010	Melbourne University 4 th year Medical Students	Dr Jenkins
22.04.2010	Rural Health Conference in Ballarat	Dr Jenkins
01.06.2010	Cabrini Hospital Grand Round	Dr Jenkins
05.06.2010	Medical Careers Expo	Ms Wile

VDHP produces a 6 monthly **newsletter** that is sent to all doctors registered in Victoria and is distributed at various meetings, conferences and workshops throughout the year. The Summer 2009 and Winter 2010 editions included articles on the importance of having a regular GP, medical students, and depression.

Research:

Our main research project has been a study of the characteristics of outcomes for CAMP participants. This study serves to evaluate the case management work of VDHP and is being prepared for publication. It shows favourable outcomes that are comparable to those of similar services overseas.

Future directions:

The VDHP will continue to endeavour to provide the best available clinical service to doctors who seek our help with health related and clinical matters.

We plan to continue our active role in education about doctors' health issues. This will again include workshops and presentations for doctors on various aspects of doctors' health and further didactic talks about the services offered by and work of VDHP so that doctors who may be having or who are likely to have problems know how to access services.

We have taken steps towards having an increased role in researching doctors' health and medical student health by forming liaisons and partnerships with other agencies.

The revisions to the VDHP website have begun, with increased information about doctors' health issues available via the website and to links to other organisations.

Dr Kym Jenkins

Senior Clinician/Medical Director