

## Medical Director's Report - Annual General Meeting - November 14 2011

### 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.

Dr Amanda Young, Senior Clinician left VDHP to pursue other employment opportunities within her specialty. Ms Ali Glen, the Office Manager, also departed VDHP to join her partner in New Zealand. Ali remains in close contact with VDHP and has generously donated another one of her beautiful photos to head the Christmas calendar.

Cheryl Wile, our psychologist, has been with VDHP for nine years and as well as being a readily approachable, skilled counsellor she is the mainstay of the SUD case management at VDHP. VDHP also employed a part-time case manager to assist with the case management workload and Ms Sharon Summers started at VDHP in February 2011.

Shaan Lewis replaced Ms Glen as Office Manager. Ms Lewis has a wealth of experience in administration and organisation and is a friendly point of contact for participants and practitioners alike.

VDHP continues to employ services of accountant Ms Jenny 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 continue to meet weekly with the Office Manager to discuss any administrative issues that may arise. This is a valuable opportunity for all staff members to voice any concerns they may have or to discuss issues that might affect the organisation, such as leave; on-call duties or any phone calls the Office Manager received that were of concern or need following up by a clinician.

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 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 three occasions. This committee continued to oversee financial matters and to act as an internal auditing group. Mr Richard Stubbs, the Chair of this subcommittee retired from the Board in February 2011.

The VDHP, along with Doctors Health Advisory Services from around Australia and New Zealand, is a member of the Australasian Doctors Health Network (ADHN). Dr Jenkins has participated in regular ADHN teleconferences and face-to-face meetings.

### 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 2010/11 are found below.

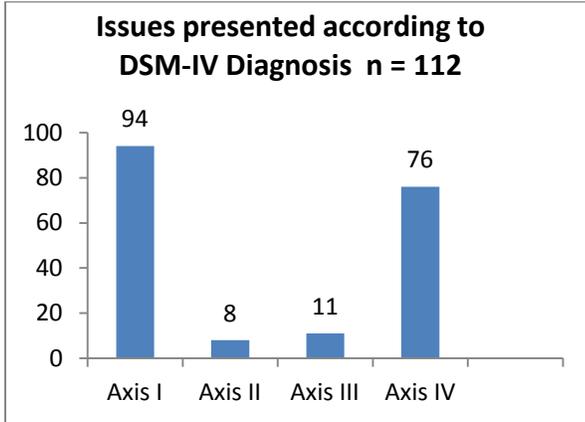
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New enquiries	191
New face-to-face assessments	112
Follow up appointments	391
Participants currently on a case management agreement (as at 30 June)	48

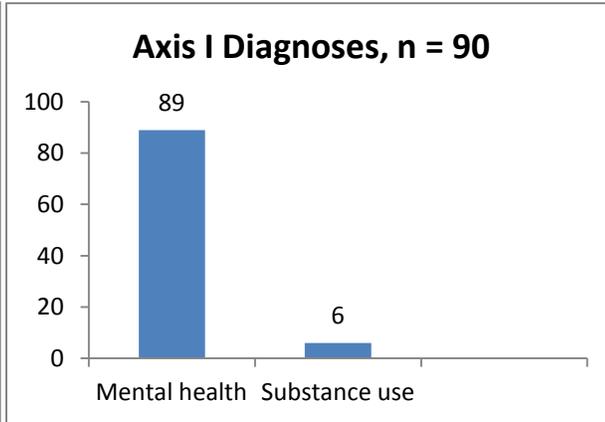
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The following graphs represent the presentations of those who attended VDHP in 2010/11:

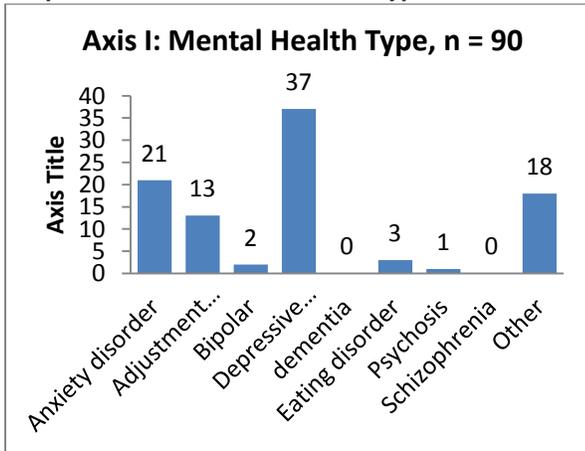
**Graph 1: Presenting Issues**



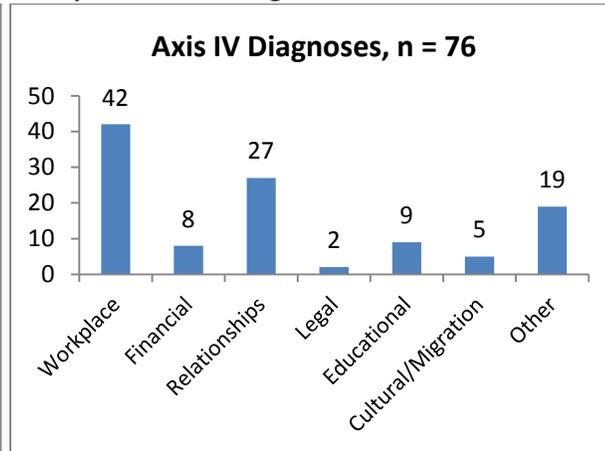
**Graph 2: Axis I Diagnoses**



**Graph 3: Axis I: Mental Health Type**



**Graph 4: Axis IV Diagnoses**



The extent of the work undertaken by VDHP via phone or email only is not represented in the graphs above. Neither is the often lengthy follow up work done by the VDHP clinicians or case managers.

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

VDHP has continued to update the panel of its treating physicians 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 eight to 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 45-50 doctors/students at a time. The CAMP program case managers coordinate the team of treating clinicians for the individual doctor-patient and can work with relevant personnel at the doctor's workplace to facilitate a "return to work" program. The treating team usually consists of a combination of a GP, psychiatrist, addiction medicine specialist, psychologist or counsellor. There were 48 participants on CAMP agreements on 30/06/11.

**Education, presentations and publicity/promotion of awareness:**

VDHP has continued to have input into medical students' curriculum studies, providing lectures and workshops about doctors' health issues at Melbourne, Monash, Deakin and Notre Dame (at Werribee Hospital) Universities. These include presentations to medical students in their 3<sup>rd</sup> year at Monash Central campus as they enter clinical training and presentations to 4<sup>th</sup> year Monash students as they begin their psychiatry rotations. Workshops are conducted with post-graduate students at the Gippsland Campus of Monash University in the first week of their first year and presentations to interns/JMOs are conducted throughout the year in various teaching hospitals.

VDHP has been approached by other professions (the Law Institute of Victoria; Veterinary Board of Victoria; Pharmacy Support Service) for assistance either with forming their own professional assistance groups or for information on what VDHP does and whether their members can utilise VDHP's services.

VDHP produced a **newsletter**, which was sent electronically to all doctors registered in Victoria and is distributed at various meetings, conferences and workshops throughout the year. VDHP is currently researching ways to distribute the newsletter without the assistance of the former MPBV, who used to include it with one of their newsletters.

**Research:**

Our main research project has been a study of the characteristics of outcomes for CAMP participants. This study served to evaluate the case management work of VDHP and was published in the June edition of *Australasian Psychiatry*. It showed 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.

Dr Kym Jenkins  
Senior Clinician/Medical Director