

MHPN WEBINAR

.....
Wednesday, 2 September 2020

Treating a health professional with mental health issues



Tonight's panel



Dr Roger Sexton
General Practitioner



Christina Sougleris
Psychologist



Dr Emma Adams
Psychiatrist



Facilitator: Dr Mary Emeleus
Psychiatric Registrar

Ground rules

To help ensure everyone has the opportunity to gain the most from the live webinar, we ask that all participants consider the following ground rules:

- **Be respectful of other participants and panellists.** Behave as you would in a face-to-face activity.
- You may interact with each other and the panel by using the **participant chat box**. As a courtesy to other participants and the panel, keep your comments on topic. Please note that if you post your technical issues in the participant chat box you may not be responded to.
- For help with your technical issues, click the **Technical Support FAQ tab** at the top of the webinar room. If you still require support, call the Redback Help Desk on 1800 291 863. If there is a significant issue affecting the overall delivery of the webinar, you will be alerted via an announcement.
- Your feedback is important. Please complete the **feedback survey** which will appear on your screen when the webinar finishes.

The webinar platform

To interact with the webinar platform and to access resources, hover over the colourful icons to the top right of your screen:



open the chat box



access resources including the case study, panel biographies and supporting resources



refresh button



exit button



open the feedback survey

Learning outcomes

Through an exploration of mental health issues among health professionals the webinar will provide participants with the opportunity to:

- Describe tips and strategies for providing care to a health professional who is seeking care for their mental health.
- Identify ways of addressing privacy, stigma and discrimination of mental health issues among health professionals.
- Demonstrate the importance of collaboration and appropriate referrals when supporting a health professional seeking care for mental health concerns.

Summary of the case study

Tonight's case study is a video of a young doctor who visits his GP after experiencing a panic attack on his hospital rounds. A short summary is below:

The patient's history: the young doctor reveals that in the past – including in medical school - he buried himself in his study and as a result he did very well academically.

The patient's family: his Mum is obsessive and a worrier. His father died when he was eleven in a road accident.

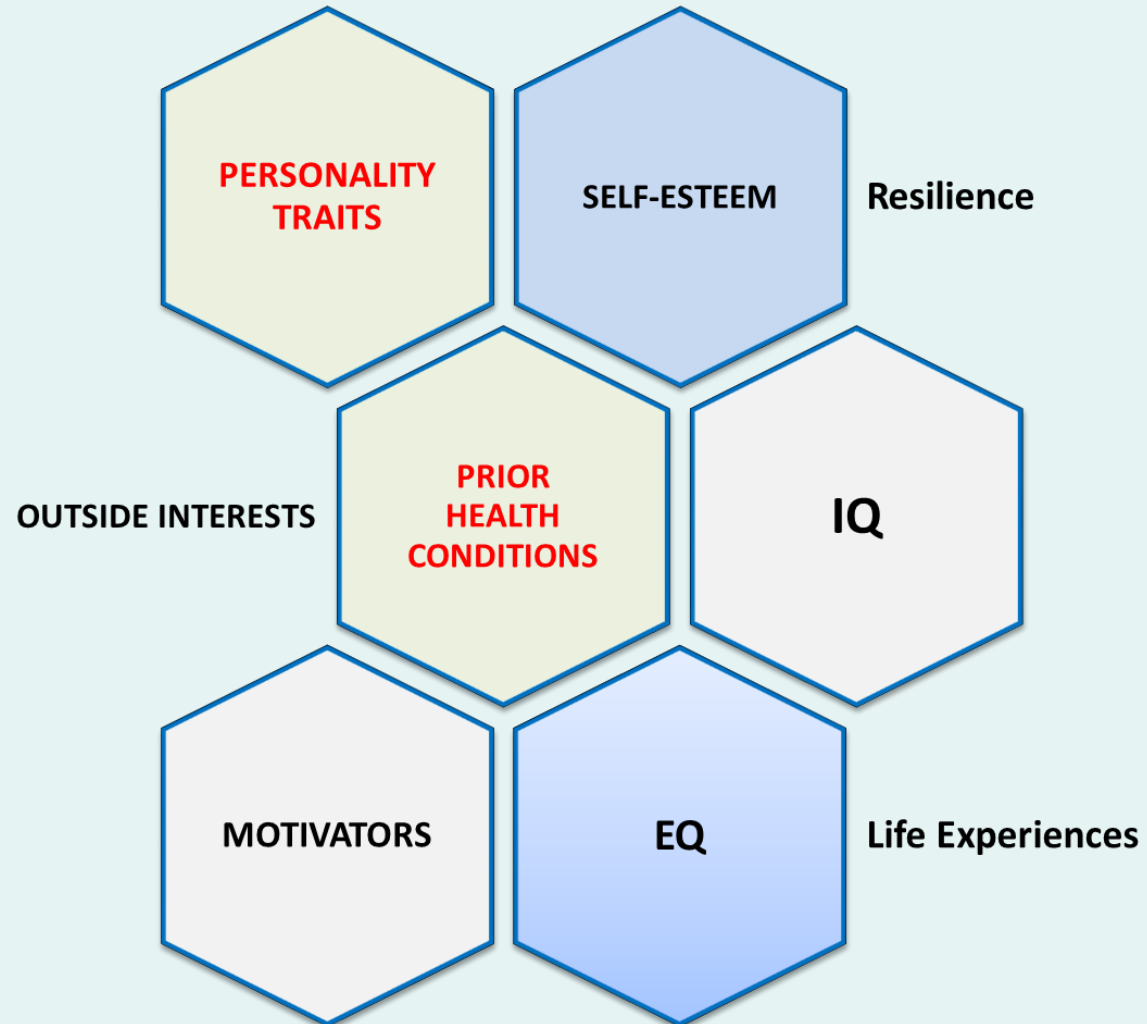
The patient's current situation: Since he has started working, the young doctor has found himself feeling very anxious, especially during rounds. He says the feelings are getting worse now - and that he is starting to avoid people. He is not suicidal but everything is an effort – he says he doesn't want to quit, he just doesn't know what to do.

[Link to the case study video](#)

This is an educational video produced on behalf of Doctor's Health Services Ltd by Doctors' Health SA (www.doctorshealthSA.com.au), as part of the national doctors' health educational modules (drs4drs.com.au).

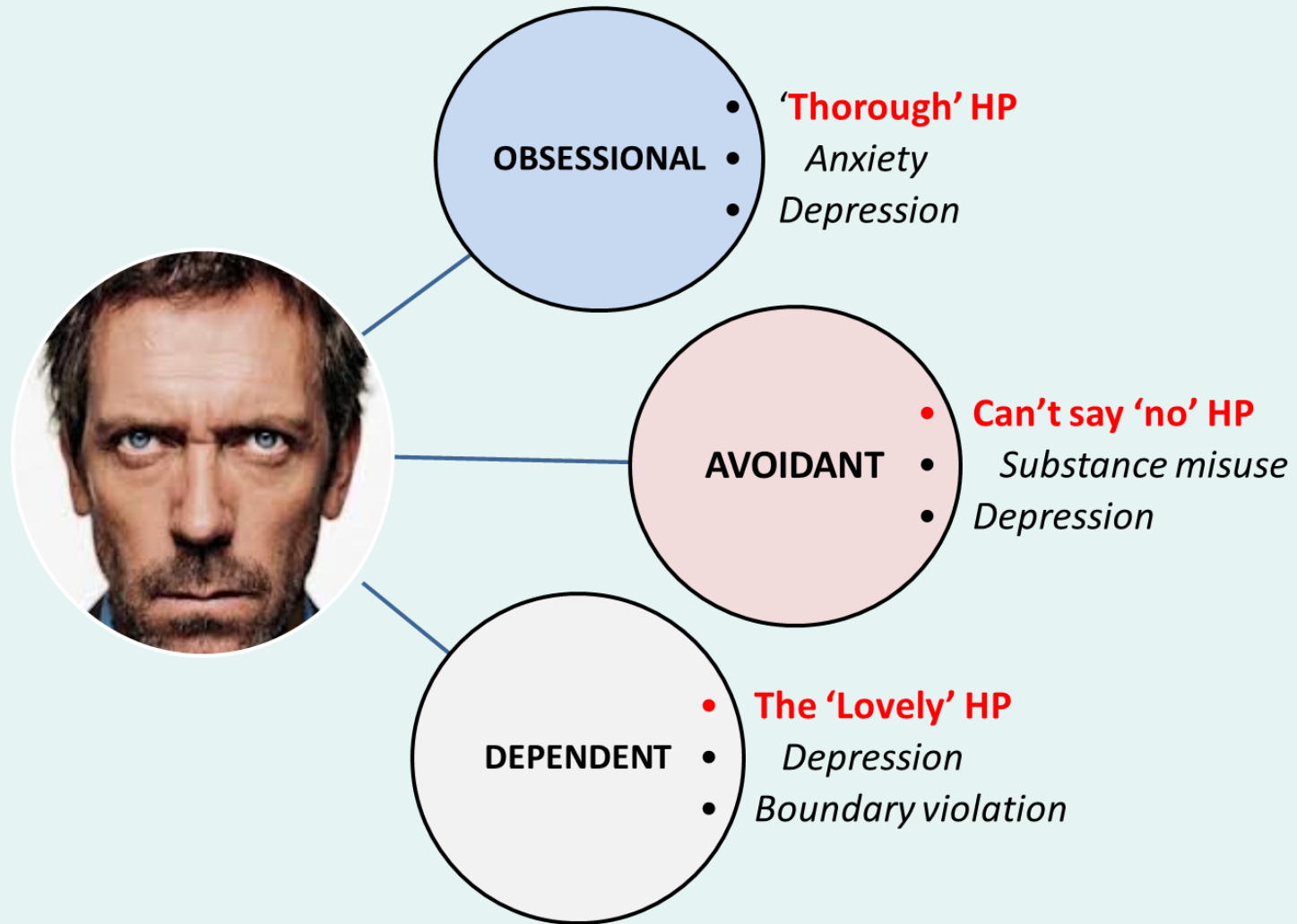


A GP's perspective – What we bring in



Dr Roger Sexton

A GP's perspective – Personality traits



Dr Roger Sexton

A GP's perspective – Barriers



Dr Roger Sexton

A GP's perspective – Notification



1. Reasonable belief



2. Public harm

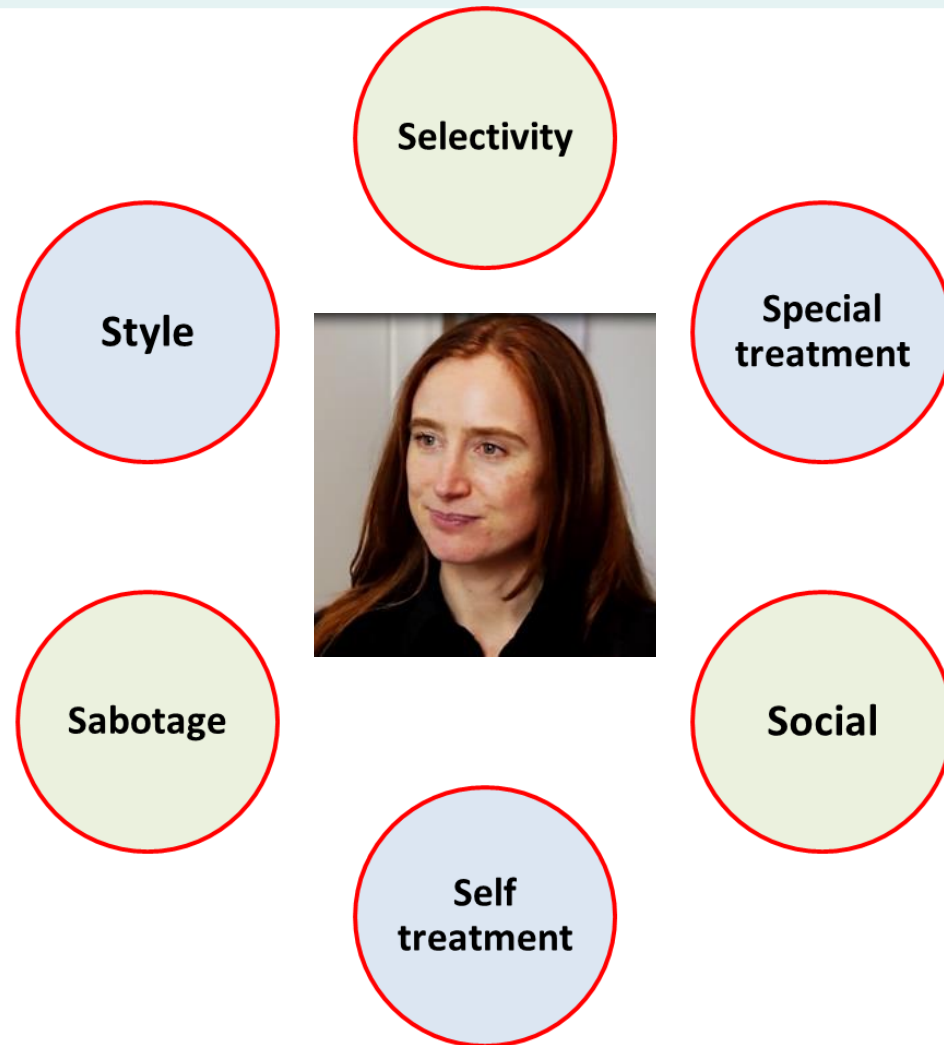


3. Sex, drugs, rock'n'roll
or impairment



Dr Roger Sexton

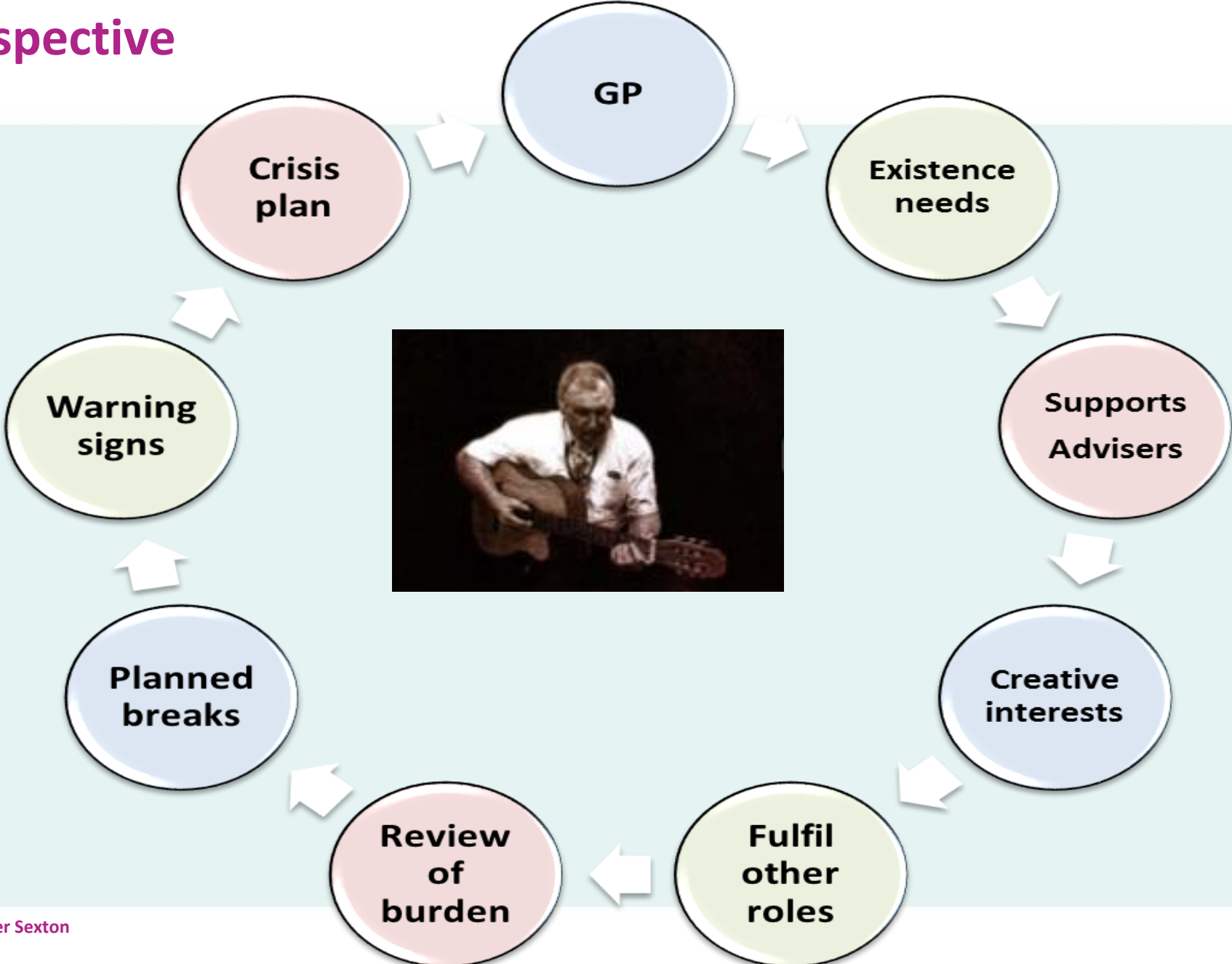
A GP's perspective – The 6 'S's of difficult consultations



Dr Roger Sexton

A GP's perspective

Ten tips



Dr Roger Sexton



A psychologist's perspective

Stigma and discrimination of mental health issues among health professionals

- Stigma HUGE issue
- Fear of mandatory notification: career impact, negative evaluation
- Threshold for notification is high: 'substantial risk of harm to public'!
- MH does not discriminate – can happen to anyone
- Not a reflection of resilience, character or competence
- Medicine is hard and stressful: understandable struggle at some point
- Isolation, shame, defectiveness, failure – just me: everyone else coping
- Logically know greater risk MH and burnout: happens to other people

Human who happens to work as a doctor, psychologist, health professional etc !

With treatment professionals have fulfilling lives & successful careers. We want to help!



Christina Sougleris



A psychologist's perspective

- Comprehensive history, risk assessment, psych questionnaires, plan, intervention
- AEI: collaborative team approach - GP, psychiatrist
- Collateral info – spouse, parents, family
- Safe space: want to help: confidentiality: can and do get better
- Therapeutic relationship is key: build trust, open disclosure
- Work together to improve MH with treating team
- May not be so quick, especially if long term
- Treatments: CBT, Schema Therapy, EMDR etc.

With treatment professionals have fulfilling lives & successful careers. We want to help!



Christina Sougleris



A psychologist's perspective

- Collaboration essential: GP, psychiatrist
- Educate professionals available experienced with doctors etc. - DHAS
- Help to access other supports: confidential
- Small community: telepsychology
- Encourage to engage with treating team regularly
- Discourage self prescription, self treatment – regular own GP

With treatment professionals have fulfilling lives & successful careers.
We want to help!



Christina Sougleris



A psychiatrist's perspective

- Listen to what is not said as well as what is said
- Shame and avoidance
- Drug and alcohol issues
- Suicidality: healthcare workers are really good at hiding this
- Cultural issues, racism in the workplace is a huge issue
- AHPRA concerns



Dr Emma Adams



Q and A session



Dr Roger Sexton
General Practitioner



Christina Sougleris
Psychologist



Dr Emma Adams
Psychiatrist



Facilitator: Dr Mary Emeleus
Psychiatric Registrar

Thank you for your participation

- Please ensure you complete the *exit survey* before you log out - it will appear on your screen after the session closes
- A Statement of Attendance for this webinar will be issued within four weeks
- Each participant will be sent a link to the online resources associated with this webinar within two weeks.

Upcoming webinars:

- **Emerging Minds: Introducing child and family practice to parents** on Tuesday, 22 September 2020 7:15 PM- 8:30 PM (AEST).
- **Working collaboratively to address the mental health of people experiencing chronic pain** Tuesday, 20 October 7:15 PM- 8:30 PM (AEST/AEDT). Sign up at www.mhpn.org.au/UpcomingWebinars

Practitioner self-care Lifeline: go online at www.lifeline.org.au/ or phone 13 11 14



MHPN Presents

MHPN is excited to announce our inaugural podcast which explores wellbeing and mental health.

Listen to engaging conversations between mental health practitioners, as they reflect on a variety of topics related to mental wellbeing, interdisciplinary practice, and collaborative care.

You can find us on Apple Podcasts, Spotify and on our website.

Subscribe to stay up to date with our fortnightly episodes.

www.mhpn.org.au/resources/mhpnpresentspodcast



MHPN networks

Would you like to continue the 'Treating a health professional' discussion with local practitioners?

Or perhaps start discussing issues of local relevance? MHPN Project Officers are available to help you establish and support interdisciplinary mental health networks across metropolitan, regional, rural and remote Australia.

We have 373 networks around the country. Visit our online map to find out which networks are close to you at mhpn.org.au or contact Jacqui O'Loughlin at networks@mhpn.org.au.



Thank you for your contribution and participation.

Good evening.