

EAPH conference
Oslo, 20th and 21st May 2019

**The Doctor, The Patient
and The Workplace**
Interactions between
Quality of Care,
Professional Satisfaction
and Organisations

PSYCHOTHERAPY IN PHYSICIANS WITH ADDICTIONS: THE GALATEA CLINIC INTERVENTION PROGRAM

Cruz CM, Llavayol E, Heredia M, Pujol T, Bruguera E.

Integral Care Program for Sick Health Progressionals.

Galatea Clinic. Barcelona. Spain.

Oslo, 20th May 2019

Clínica  GALATEA

PAIMM **20** anys
1998-2018

Fundació  GALATEA

Outline

- The PAIMM and the Galatea Clinic.
- The Integral Care Program for Physicians with addictions.
- Outcomes.
- Psychotherapeutic considerations.

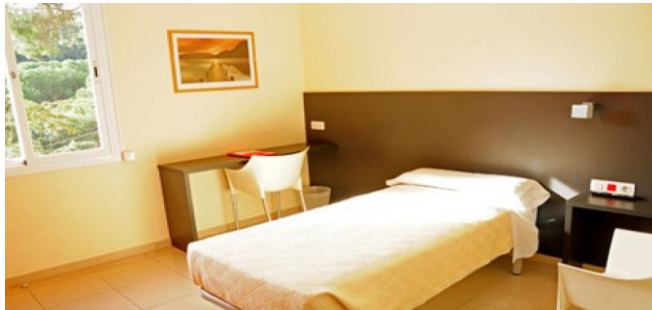
The PAIMM and the Galatea Clinic

The PAIMM as a Physician Health Program

- **Highly specialized mental health service.**
- **Voluntary admission:** informed consent.
- **Free:** sponsored by all **Catalonia Medical Councils-Associations** and the **Catalonia Department of Health (CAT-SALUT)**.
- **Highly confidential:** special procedure to mask real identity.
- **Malpractice risk (<5%):** therapeutic contract (mandatory treatment).
- **Ethical guarantees.**

Our history





The Galatea Integral Care Program for Sick Health Professionals

PAIMM20anys
1998-2018

Programa d'Atenció Integral al Metge
Malalt.



RETORN

Programa d'atenció a infermeres i
infermers.



ASSÍS

Programa d'atenció al veterinari malalt.



ITACA

Programa d'atenció al farmacèutic
malalt.



SUPORTS

Programa d'atenció a treballadors/es
socials.



PSYQUE

Programa d'atenció al psicòleg malalt.



APOL·LÒNIA

Programa d'atenció a l'odontòleg
malalt.



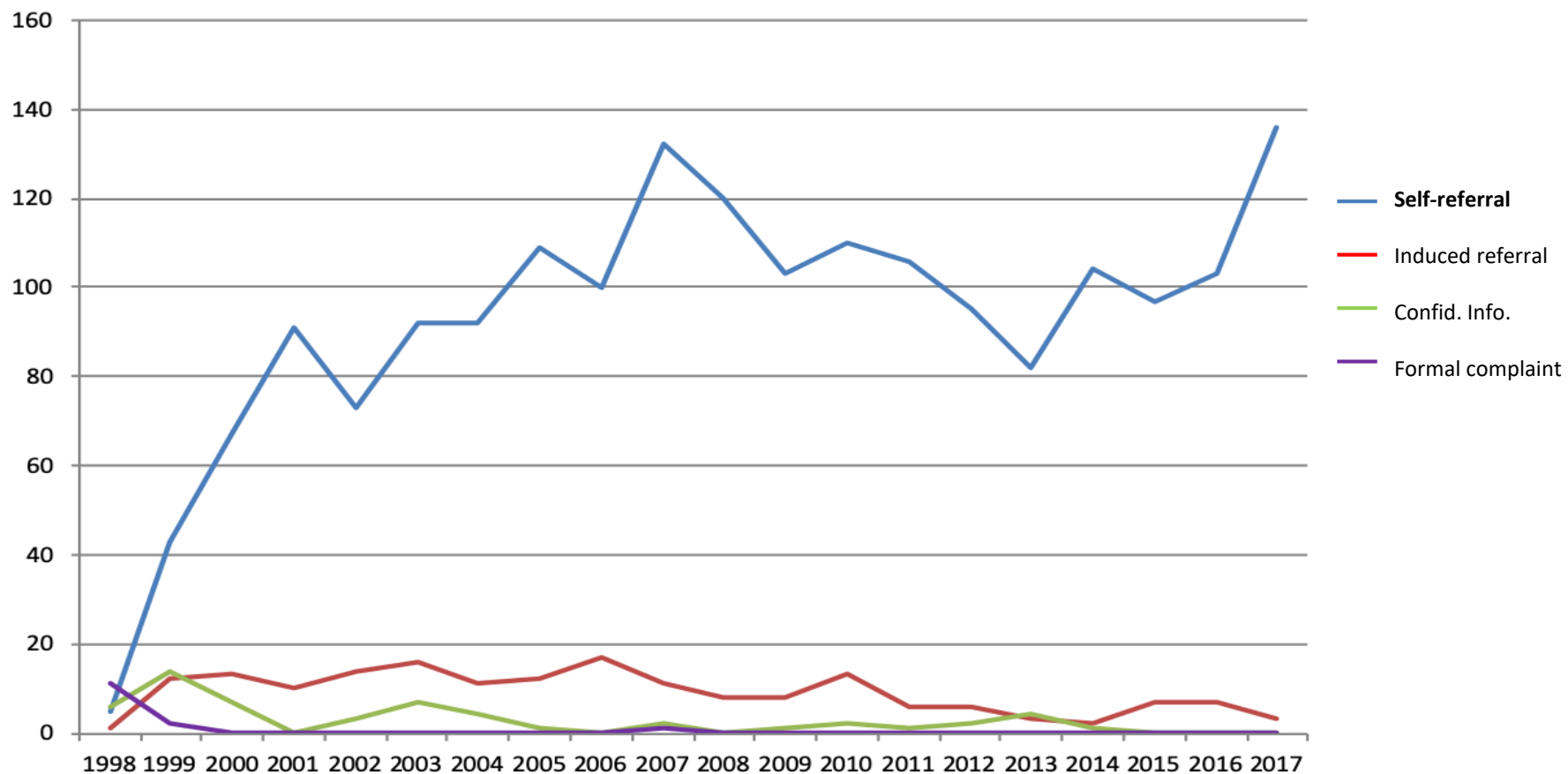
AFÍ

Programa d'atenció al fisioterapeuta
malalt.



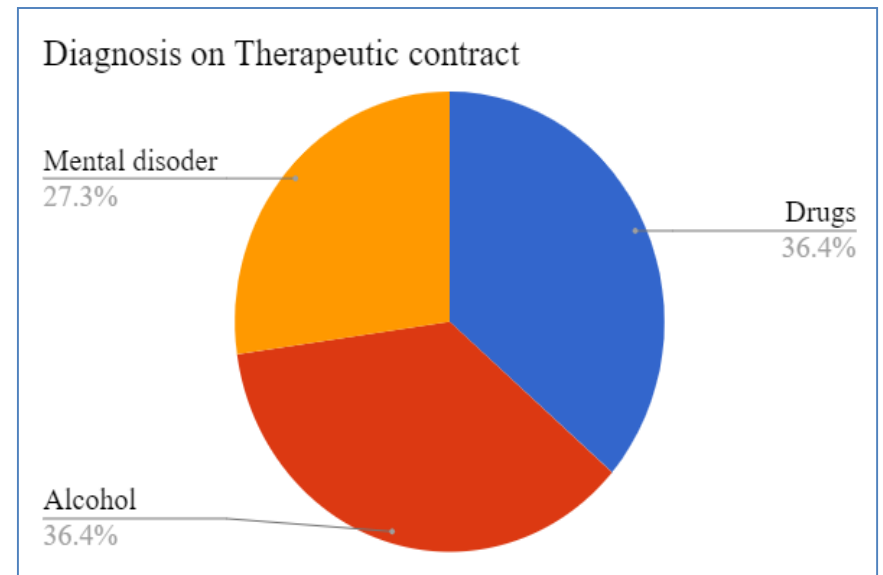
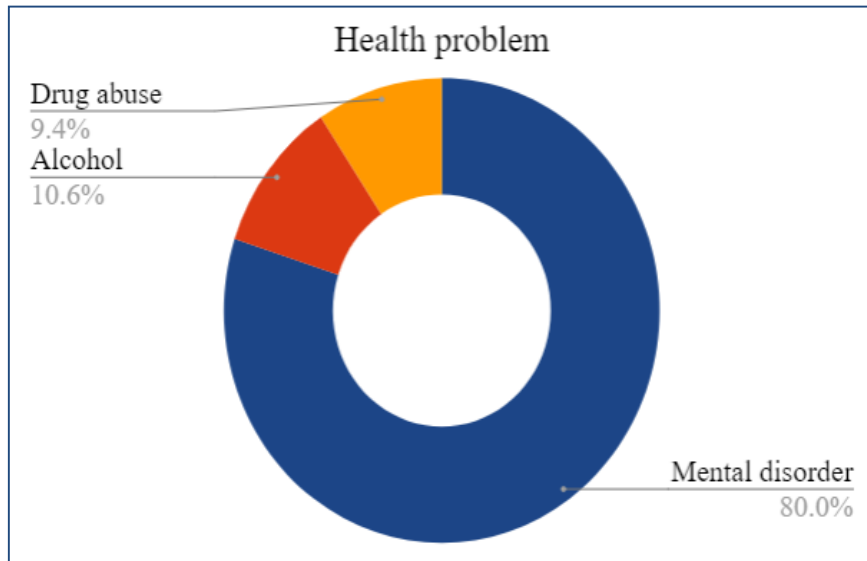
The Barcelona-PAIMM Integral Care Program for Physicians with Addictions (1998-2018; only Barcelona= 1.917)

Type of referral



Main diagnosis

(General vs. Mandatory treatment)



Integral Care Program for Physicians with Addictions

Stage 1:

**1 month
Day Hospital**

Daily Drug Screening

Daily Group Therapy

Individual Psychiatric
Follow-up

Individual Psychotherapy

Cognitive-Behavioral &
Motivational Perspective

**Stage 2:
8weeks**

Pre-follow-up

Weekly Group
Therapy

Weekly & Random
Drug Screening

Individual
Psychiatric
Follow-up

Individual
Psychotherapy

**Stage 3: 2 years follow-up
program**

Weekly Group Therapy

Weekly & Random Drug Screening

Individual Psychiatric Follow-up

Individual Psychotherapy

Job Supervision

Outcomes

Outcomes

(2008-2016 Only BCN PAIMM)

- All admitted physicians completed the Intensive Phase (step 1 and step 2).
- 87.3% kept being monitored afterwards.
- 32.5% signed therapeutic contract with the Regulator.
- Mean length of treatment was 48 months.
- A total of **72.2% sick physicians remained abstinent at last contact.**
- Good adherence to follow-up psychotherapy groups predicted both lower risk of lapse during treatment process and higher rates of abstinence at follow-up.

Psychotherapeutic considerations

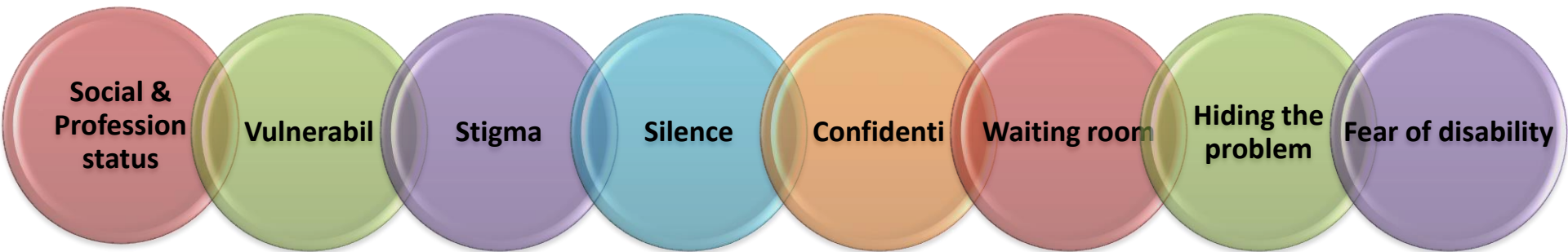
Risk factors in Physicians

VULNERABILITY: Perfeccionism, poor self-esteem, high expectations, poor coping skill, high focus on status, narcissism, hypochondriasis, denial of own needs...

DISPONIBILITY: potentially addictive drugs, self-prescriptions; compensation and self-regulation of drugs' unwanted effects

ENVIRNONMENTAL: maintained stress, burn out, mobbing, high work overload, contact with pain and suffering, lack of time for personal, social /family enjoyment, high social & family expectations

WHY AN SPECIFIC CARE PROGRAM FOR PHYSICIANS?







SELF CARE

- Copings skills
- Social Skills
- Bereavements
- Cognitive Emotional Behavioral Therapy
- Caring
- Assertiveness & emotional management



SUBSTANCE ABUSE

- Addictions
- The stages of change
- Craving identification and management
- Lapse triggers
- Relapse prevention



HABITS AND EMPOWERMENT

- Sport / physical activity
- Planning / routines
- Leisure and hobbies
- Self empowerment / challenges
- Healthy habits
- Mindfulness

Our team

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CLÍNICA GALATEA

TEAM

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SPECIALIZATION

An expert and multidisciplinary professional healthcare team offers you personalized care



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