

The role of a consultant psychiatrist in a specialist primary care service for people experiencing homelessness

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Integrated Primary Care and Psychological Services

- A one stop shop
- Integrated physical, mental and social care for 40 years
- Starts with a welcome and respect
- Seeking to maintain a safe and stable environment
- Meeting people where they are at, and beginning a journey



Common Values

- Promoting Proportionate Universalism - health resource distribution that favours the disadvantaged and actively reverses the inverse care law
- A recognition that all clinicians must be involved in helping patients to improve their health not just by medical treatment but through advocacy, inter professional working and engagement with Public Health

Academy of Medical Royal Colleges and Faculty for Homeless and Inclusion Health Joint Position Statement 8 May 2017

Clinical and System Roles

- Weekly MDT meeting
- Clinical Assessments
- Longer term Management
- Consultation
- Advocacy

Annual Report Data

- 271 appointments offered, with 221 people attending.
- Attendance rate 82% of those offered appointments
- Hosting medical students
- Contributing to Inclusions Health Standards for Commissioners and Service Providers
- Public education events eg radio and arts collaborations

Start the journey

- Welcome
- A big step to come to see me, what were you hoping we would talk and think about together today
- Rather than talking about what's wrong with you, could we think about what has happened to you
- You have probably been on a long journey to get to here, could we have a think about where you started

- ACE scores for the people I see are mostly 8+
- use of genograms
- creating meaning through telling their story, making links can facilitate and increased potential for self-compassion
- adapting the psychiatric interview to be much less formal and being attentive to non-verbal cues

Comorbidities

- Traumatic Brain Injury
- Autistic Spectrum Disorder
- Alcohol Dependence/Drug Dependence
- Complex Trauma
- Borderline Intellectual Functioning
- Bipolar Disorder
- Psychosis

Team Care

- Working as a whole team, between people based in the surgery and those we link with outside
- Regular staff support
- Valuing the efforts of staff and patients
- People who have experienced high ACEs need a community response to heal

Adverse Childhood Experiences

- CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study by Felitti and Anda 1998
- ACEs are incredibly common 67% had more than 1 ACE
- 12.6% had 4 or more ACEs

UK ACE research

- Bellis et al (2014) 4000 people aged 18-69
- 47% have 1 ACE and 9% have 4 or more

- ACEs are causally AND proportionately linked to poor physical, emotional and mental health outcomes
- ACEs cause biological embedding of adversities during sensitive developmental periods

Poor Health Outcomes for 4 or more ACEs

- 2.2 x Ischaemic Heart Disease
- 2.4x Stroke
- 1.9 x Cancer
- 1.6 x Diabetes
- 12.2 x attempted suicide
- 10.3 x IV drug use
- 7.4 x alcohol dependence

Dose-response relationship

- The higher the ACE score the worse your health outcomes
- 6 ACEs increases the risk of becoming an IV drug user by 46 times
- 6 ACEs increase the risk of suicide by 35 times
- 6 or more ACEs linked to dying 20 years younger than someone with 0 ACEs

A graphic with a dark blue background featuring a grid pattern and a vertical light blue streak. The text "PUBLIC HEALTH" is written in large, bold, white capital letters with a black outline. Below it, the word "EMERGENCY" is written in large, bold, red capital letters with a white outline.

PUBLIC HEALTH EMERGENCY

“Adverse Childhood Experiences are the single greatest unaddressed public health threat”

Dr Robert Block, former president of the American Academy of Pediatrics

- Complex problems require Collaborative solutions
- Need to avoid “uncoordinated professional lenses” and silo practice
- Strengths in common values and mission
- Need to have a leadership commitment to proportionate universalism

e staff with their experience and vast knowledge of the situation

Chris Ward