

City Gastroenterology Education Session
Psychological Medicine Services for
Gastroenterology Patients

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Gastroenterological-psychiatric comorbidity

- Reactive mental disorders
- Functional bowel disorders
- Substance misuse

➤ *High resource use*

Biopsychosocial Management

Stepped management objectives

1. Reducing iatrogenic harm
2. Minimising reinforcement of maladaptive behaviour
3. Reduce alcohol misuse
4. Symptom control
5. Reduced admissions

Management strategy

- Multidisciplinary input
- Positive risk taking
- Consistent boundaries
 - Across patient journey
 - Staff training
- Therapeutic relationship
 - Contingent interventions
- Signposting
 - Psychosocial interventions

Challenges to successful management

- Clinical
 - Acute symptoms, patient demands and distress
 - Multimorbidity, polypharmacy, substance misuse
- Cultural
 - Organic-inorganic hierarchy
 - Litigation risks
- Systemic
 - Communication barriers
 - Staff training

Implementing a strategy

What is available

- Primary care
- Community liaison psych
- Talking Health
- CMHT
- Psychological medicine

What is needed

- Integrated psychological medicine with primary care and gastroenterology
- Joint clinical leadership
- Risk taking
- Clinical supervision, training and direct clinical care
- Long-term follow-up (IP, OP)