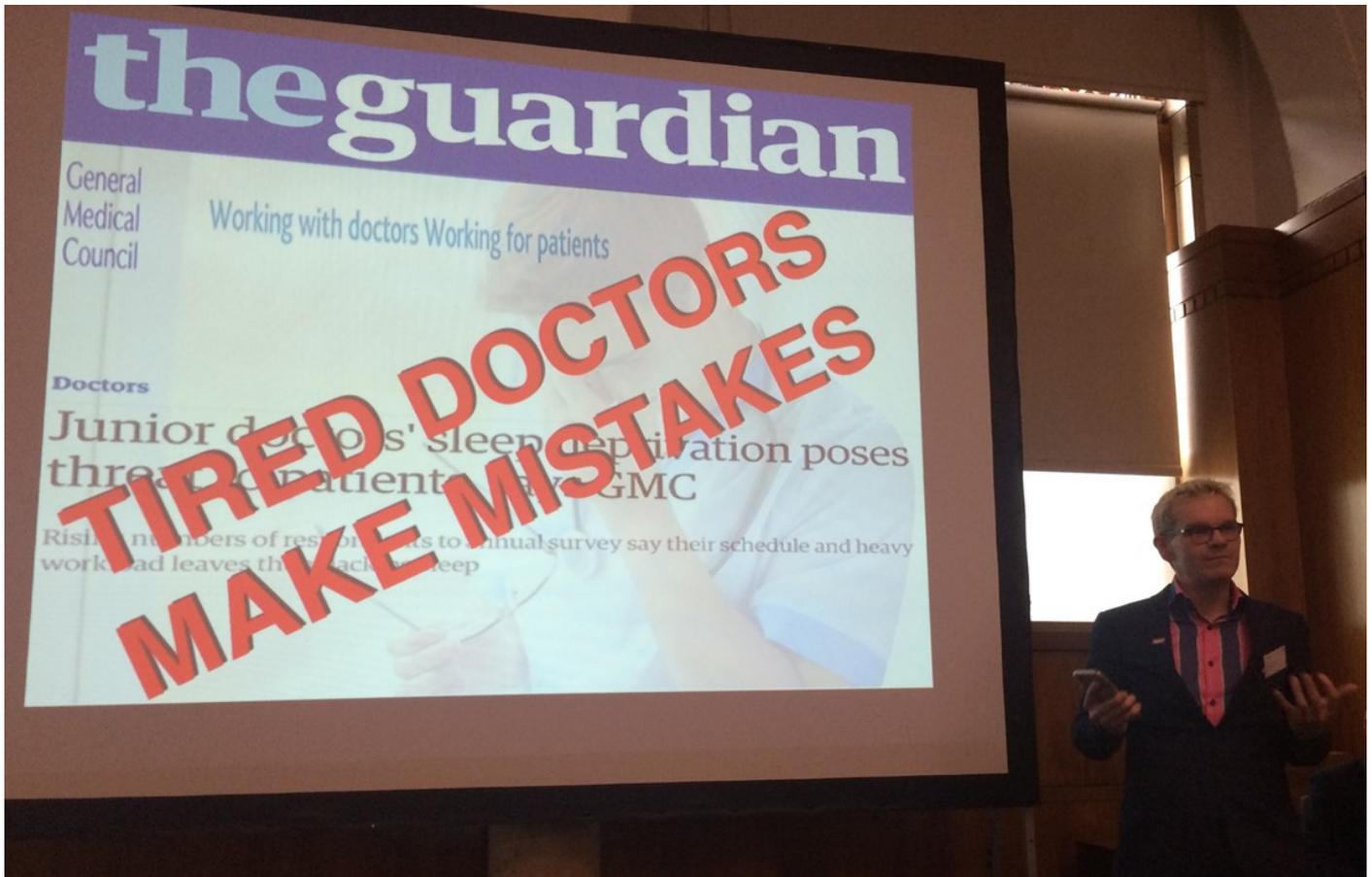


# National School of Occupational Health Newsletter

Welcome to the Spring 2018 edition of the National School of Occupational Health (NSOH) Newsletter



## NSOH Annual Conference 2018— Sleep Tight, Work Bright: Focussing on fatigue (factors) to improve workplace wellbeing

Thank you to all who attended our conference on the 6th of February. Highlights included, amongst others, our keynote speaker Prof Russell Foster's talk on the biology of sleep and the impact of sleep disruption, and Dr Michael Farquhar's talk on the effects of fatigue on healthcare staff.

We received extremely positive feedback with 95% of attendees stating they would recommend future NSOH events to their colleagues. 97% of attendees, when asked how stimulating they found the conference marked it as a 4 or 5 out of a maximum of 5.

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## Shaping the Future of OH Nursing Education – event on 17 January 2018

### Mandy Murphy, Deputy Head of School

It is widely felt that education programmes in Occupational Health, particularly the nursing profession need improving if we are to meet the needs and demands of the future workforce and indeed the speciality itself. NSOH, in partnership with FOHN (Faculty of Occupational Health Nursing) held a workshop for OH Nursing practitioners to discuss the future of OH Nursing education and how we can, not only close the widening gaps in skills and competencies but engage employers in the value of educating OH professionals. There was an excellent attendance of 27 practitioners, who were either supervisors, practice teachers or had invested interest in OHN education. Rich discussions arose from the 5 questions proposed:

- How do you see education being delivered in the future?
- What are benefits and challenges of having a framework for OH educators?
- What should succession planning in OH nursing look like in the future?
- What do you see as the best way to engage employers with commitment to OH learning and development?
- OH nurses have a specific wisdom: How can we enhance the value of this unique wisdom in a business context?

The main themes from our discussion included:

- We need to focus on quality of training
- Need to market ourselves better - (OH is not a 'back office' function)
- Need to Lobby the DTI/CBI/IoD/CIPD and educate them on occupational health nursing
- Exciting - new/ground upwards approach to a single education standard
- Need simplification of OHN titles
- Unique selling point - value of OH nursing, identity of OH nurses
- Defining wisdom of OHN is difficult and widely seen as having many skills to coordinate service provision to meet the needs of employers (being resourceful and adaptable were key qualities)
- Need to maintain competence in training and education and to adopt lifelong learning

The event was concluded with a series of actions that both FOHN and NSOH will support taking forward. Next steps include:

- Establish Education forums to explore and take forward the actions noted below
- NSOH – Speciality Training Committee for OHN education
- FOHN – Education working group
- NSOH to establish a consultancy group for developing the Apprenticeship Standard
- Establish an annual event for Supervisors/Practice Teachers and Educators
- Collate a register of supervisors and practice placements – long-term placements and alternative placement
- Production of Employers guide on what 'good' OH Nursing look like (can be extended to all professional groups in the speciality)
- Explore how education programmes can evolve to modular/single approach for the speciality

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## [Annual Report of the Chief Medical Officer 2017](#)

### **Dr Harj Kaul, National Training Programme Director**

Chief medical Officer Dame Sally Davies has chosen the theme of pollution for her annual report which was released recently. As occupational health practitioners we know that knowledge and exposure to pollution (we could call it physical hazards in the workplace) can vary depending on the work environments that we are asked to advise on. Therefore, taking that into consideration you find the following chapters relevant not only for training purposes but of general interest as the environment impacts on all workplaces:

Summary of Section 1 '21st century threats'

Chapter 2 - Pollution from the health and care system

Chapter 3 - 21st century chemicals

Chapter 4 - New horizons

Instead of listing the traditional media where pollution is found, air, water, land etc. and their associated health impacts, this section presents a number of the threats from pollution that we currently face, and potential solutions. These chapters explore the polluting impact of healthcare as an example and how the NHS can be part of our answer to reduce pollution. We are faced with changing chemical threats and we explore some of the newer – and potential future – threats from pollution.

Chapter 7 - Explores the Role of environmental health practitioners (ST6 curriculum requirements)

Chapter 9 - Measurement and communication of health risks from pollution - theory of explaining risk may be useful with workplace audiences?

I have not read the entire report as it is over 300 pages long but I think it might be a good reference point for self-directed learning purposes, where work environments bring these hazards and chemicals to our notice.

## **SOM / FOM Scientific Conference 25-7th June 2018: London - Call for Abstracts**

Don't miss the opportunity to present your work to national and international colleagues at the SOM / FOM annual scientific conference: Occupational Health 2018. [Visit the website here.](#)

An excellent line-up of special workplace visits is being organised by Transport for London, providing unique opportunities for delegates to visit locations not usually available. Confirmed speakers include Dame Carol Black, Expert Advisor on Health and Work to the Department of Health; Professor Neil Greenberg, King's College London; Professor Craig Jackson, Birmingham University; Professor Diana Kloss MBE, Occupational Health Law Barrister and Professor Gina Radford, Deputy Chief Medical Officer.

The GMC National Training Survey is live for all Postgraduate Medical

Trainees and Trainers to complete from **20 March to 2 May 2018**.

For more information, or to take part, visit [www.gmc-uk.org/nts](http://www.gmc-uk.org/nts)

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## An update from Sleepio, who ran a workshop at our annual conference

For any members in London, Sleepio is now available for anyone living and working in London via Good Thinking, London's Digital Mental Wellbeing Service. Good Thinking is an online platform to promote better mental health, and is a collaboration of 32 London CCGs and 15 LAs, supported by the Mayor of London.

The URL to access the Sleepio page is here:

<https://www.good-thinking.uk/resources/sleepio-london/>

In addition, today we've made an announcement about a partnership with Oxford AHSN, and funding from Innovate UK, which will see Sleepio made available across Oxfordshire, Berkshire and Buckinghamshire from October this year, which might be of interest!

<http://www.oxfordahsn.org/news-and-events/news/insomnia-initiative-could-help-thousands-kick-sleeping-pills/>

## Interesting links

[AOMRC guidance on reflective practice](#)

[New shift worker guidance from NHS Employers](#)

## PGMDE Support Portal

A reminder that all trainee queries should come through the new PGMDE support portal;

<https://lasepgmdesupport.hee.nhs.uk/support/home>

This site also includes extensive FAQ's which should hopefully help with general queries.

## Contact Us:

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