

National School of Occupational Health Newsletter



Welcome to the Winter 2017 Edition of the National School of Occupational Health (NSOH) Newsletter

Annual Conference - 6 February 2018

De Vere Holborn Bars, London

This years theme is - Sleep Tight, Work Bright; Focusing on fatigue and sleep factors to improve workplace wellbeing

Speakers include Prof Russell Foster from the Sleep and Circadian Neuroscience Institute, Diana Kloss, Christina Butterworth, Dr. Michael Farquar. There will be a variety of workshops including topics on the future world of work and impact on sleep patterns, Sleepio will be discussing whether digital medicine can transform our sleep, burnout and fatigue and what can we do about it.

There will also be a poster competition with prizes.

Please see attached flyer and call for posters.

Developing people for health and healthcare

www.hee.nhs.uk

Announcement

Dear all,

I am sad to announce, Professor John Harrison is retiring from his role of Head of the National School of Occupational Health at the end of March 2018.

John has been Head of the National School of Occupational Health since its inception, in August 2014, and has overseen its establishment within HEE and as a major force for multidisciplinary training in occupational health. Prior to this, he was Head of the London School for Occupational Medicine.

Professor Harrison has been instrumental in developing and creating the National School of Occupational Health. Without his vision, persistence and tenacity the NSOH would not be the innovative and pioneering organisation it is today. His support has enabled the School to work closely across medical, nursing and allied health professionals, as well as across England, Northern Ireland, Scotland and Wales.

The National School has, under John's leadership, developed national recruitment in occupational medicine and national ARCPs. The School is working closely with the Faculty of Occupational Health Nursing and is at the leading edge of the development of standards for clinical training of Occupational Health Nurses.

The achievements of the School thus far is a testament of John's commitment to improving the provision of occupational health and has been instrumental in driving the strategy of the National School.

John has been a fantastic Head of School, what we will miss is his quiet humour and kind supportive presence. Always generous with his time, whether working with clinicians, trainees or the administrative team - he will truly be missed.

Arrangements for recruiting a new Head of School are at an advanced stage and an announcement is expected soon.

Best wishes,

Jeremy Webster

Chair of the board for the National School of Occupational Health

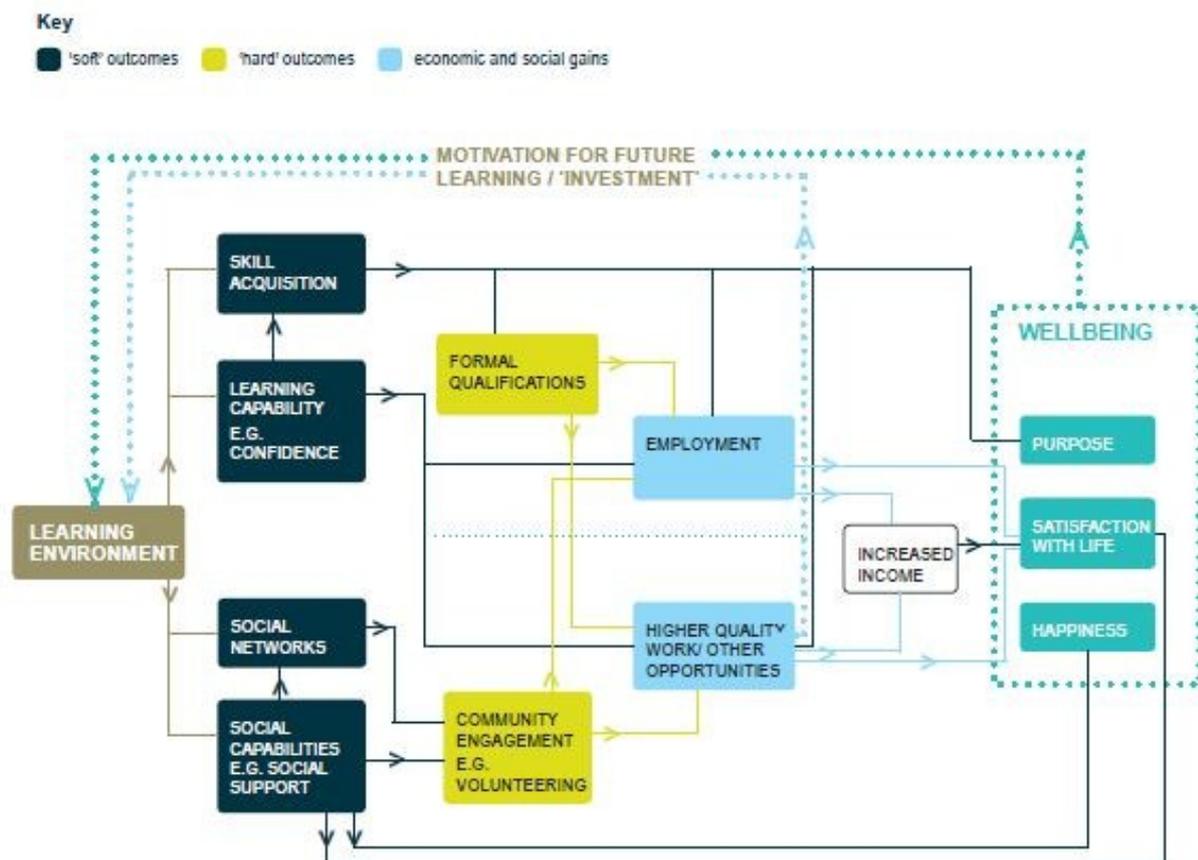
National School of Occupational Health Newsletter

What works for wellbeing

[A recent briefing](#) from the what works for well-being organisation, looking at structured learning environments that take place in a community setting, has highlighted some interesting evidence base of the positive benefits that learning offers;

- Formal hard outcomes such as formal recognition of skills and competencies assist in career progression and skills development
- Soft learning outcomes such as improving confidence, self-esteem, self-fulfilment and social relations (networking) would appear to be just as important
- Learning for older people (64% of accredited specialist in occupational medicine are over the age of 50!) has a positive impact on their well-being
- Opportunities to share skills and knowledge or mentor others may also be important
- Learning that targets marginalised groups is also likely to be beneficial
- There is some evidence of the direct positive effect on reducing depression and stress

It summarises that a range of different learning opportunities is important and different groups may have different motivations and different needs. As a multi-professional school, this is something that we recognise and we will continue to develop and support.



Developing people for health and healthcare

www.hee.nhs.uk

National School of Occupational Health Newsletter

Introductory offer to all Specialty Registrars in Occupational Medicine

We are pleased to share the news that the Association of Local Authority Medical Advisors (ALAMA) have announced a golden handshake offer open to all trainees in occupational medicine holding an NTN or NTN(I). Attendance at the next ALAMA conference in Edinburgh (March 21 – 23, 2018) will attract a special discounted rate comprising registration for 1 day and one year's membership of ALAMA (normally £35) for £50. I can thoroughly recommend ALAMA conferences as sources of excellent CPD and networking opportunities.

For more information, please contact Sandy Quinn on sandy@sqcomm.co.uk or 0777 186 7137. More information about the conference can be found on the website [here](#).

Interesting links

Essential Guide to Training in Occupational Medicine

An article by two of our trainees; Sahira Spurlock who is an ST6 in Manchester and Eman Awad who is an ST6 in London.

[Please click here for the article](#)

A YouTube video showing SOM Patron Lord Blunkett taking about workplace health.

[Click here for the video](#)

Upcoming Events

17 January 2018

Shaping the Future of OHN Education - A workshop in partnership with Faculty of OH Nursing. [Click here to book](#).

1 March 2018

We are organising a study on Health Surveillance in partnership with the Society of Occupational Medicine. Places are filling up fast and details can be found [here](#).

Contact Us:

nationalschoolocchealth@hee.nhs.uk

occmed@hee.nhs.uk

Developing people for health and healthcare

www.hee.nhs.uk