

An Introduction to Public Health Specialty
Training in the East of England
21st October 2021 6-8pm

Courgettes

Tomatillos (Real Seeds)
These small vegetables in a papery husk are related to the tomato, are very productive and easy to grow, & are used to make salsas, chutneys and in pasta sauces etc, as well as traditional ingredients for Mexican and South American dishes.

Agenda

- Introductions
- What is public health?
- Careers and key roles in public health
- Training available and overview of routes to practice
- Overview of Specialty Training in our region
- Our professional home: the Faculty of Public Health
- Recruitment Process
- Q & A session



Please note that some of the information included is subject to change, in particular where COVID-19 restrictions may impact on work and travel locations.

Therefore, please ensure you read information on the FPH website (<https://www.fph.org.uk/training-careers/recruitment/>), Health Education England (HEE) East of England (EOE) website (https://heeo.ee.nhs.uk/public_health) and speak to the training programme if required.



Acronyms

- ❑ Annual Review of Competency Progression= ARCP
- ❑ Academic Clinical Fellow= ACF
- ❑ Clinical Supervisor= CS
- ❑ Educational Supervisor= ES
- ❑ Public Health Registrars in East of England= PHREE
- ❑ Training Programme Directors= TPDs
- ❑ UK Health Security Agency= UKHSA



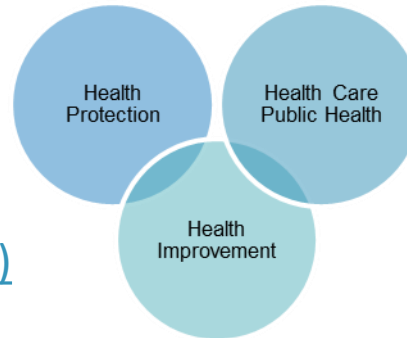


What is Public Health?



Specialising in the 'bigger picture'

"The science and art of preventing disease, prolonging life and promoting health through organised efforts of society"
(Sir Donald Acheson)



What is Public Health? (Health Education Wessex)





Public Health Careers and Key Roles



Training available and routes to practice

- ❑ Specialty Training to become a Public Health Specialist: General Medical Council registration for Medics and UK Public Health Register for professionals from non-medical backgrounds
- ❑ Specialist Registration by portfolio assessment Retrospective Registration on the UK Public Health Register
- ❑ CESR – non-training route to GMC Specialist registration for Doctors - need to demonstrate same level of competency, experience, evidence etc as Specialty Training
- ❑ Public Health Practitioner (Non-training route for non-medics - equivalent to CESR)





A day in the life of...

...a public health consultant

- ❑ Deal with complex public health issues
- ❑ Work with a range of organisations
- ❑ Lead/ work with senior colleagues on the planning, delivery & evaluation of policies & programmes ('interventions') that aim to influence the health of groups of people ('populations') at local, regional and national levels
- ❑ Provide professional, evidence-based, ethical advice to guide commissioning of services, ensuring that they are high-quality, safe, cost-effective, and will improve health and wellbeing & reduce health inequalities across primary, secondary & social care



...a Local Authority Public Health Consultant

- Departmental Managers meeting
- Finances meetings
- Health outcomes meeting: Annual health checks
- Health protection board
- Suicide Prevention programs evaluation
- Lecturing/training opportunities
- Mental Health Steering Group
- Inequalities oversight group with CCG partners
- Meetings with elected representatives.



...a Director of Public Health in a local authority

- ❑ Determine the overall vision and objectives for public health in a local area.
- ❑ Having responsibility for the local authority's public health budget
- ❑ Commissioning (that is, organising the delivery of) health services that will be both clinically and cost effective
- ❑ Providing leadership and expert advice to the local authority and organisations that work with the local authority
- ❑ Establishing effective working relationships with other local agencies to ensure that public health priorities are acted upon
- ❑ Managing senior staff (e.g. recruitment, personal development, appraisals, disciplinary or grievance issues)
- ❑ Contributing to training and development programmes



...a Public Health Academic

- ❑ Research: planning, conducting, managing, communicating findings
- ❑ Teaching
- ❑ Determining long-term priorities for research and teaching in public health, and work with other public health colleagues to influence or lead on public health education at regional, national or international levels.
- ❑ Supporting others
 - Peer review
 - Advisory roles



...a Consultant in Health Protection

- ❑ Provide strategic leadership in the surveillance of infectious diseases and environmental hazards, and they support the development, maintenance and evaluation of surveillance systems.

- ❑ Acute desk
 - Attend IMTs for outbreaks
 - Assist HPN/HPP on responding to reportable diseases
 - On-call

- ❑ Patch work
 - Responsible for a defined geography
 - Serve as expert public health consultant for lead response and TB response
 - Liaise with professionals from other organisations on the public health response



...a Director working in UKHSA

- ❑ Lead health protection services (for example the development of regional strategies and plans for protecting the health of the public)
- ❑ Oversee global health or border health activities
- ❑ Oversee the systems for:
 - the monitoring of local diseases (e.g. statistics on cases and distribution);
 - laboratory services (e.g. for microbiological investigation of diseases);
 - and the investigation and management of incidents (e.g. a chemical spill or outbreak of e-coli).



... a Public Health Registrar

	MON	TUE	WED	THURS	FRI
09.00	Meet with data analyst re: content for inequalities presentation week & Prepare slides for inequalities meeting next week	Local authority on call day Outbreak management team meeting	Mop up residual on-call actions	Covid vaccines inequalities group	Flooding & climate change meeting – plan workshop and agreed to create briefing
10.00		IMT – send invites, prepare for meeting & attend as minute taker	Mentoring training		Clinical Supervisor meeting
11.00		Answer queries from advanced public health officers			
12.00	Lunch	Lunch Businesses and public venues incident room	Weekly meeting between local authority and public health England to discuss Covid health protection issues Lunch	Lunch	Lunch Advanced public health officer supervision – review and discussion of complex cases from Covid on call response with appears
13.00	CCG screening pathway meeting – present briefing created reporting cost implications of new screening pathway		PHREE committee meeting	Commissioning team – meeting with sexual health service providers for contract review	
14.00		Answer email queries from the public, call business owners, call Head Teachers	Public health team meeting	Regional management of workplaces outbreaks – meeting with consultants, EHO from other local authorities & PHE, DHSC	
15.00	Meeting with local university re: NIHR grant application for local authority-based research	Data and surveillance meeting – look for new trends/emerging outbreaks of Covid 19	Write up IMT minutes & follow up on actions		Part B Scenario Practice with CPH Write up commissioning work re: health checks including briefing paper & activity summary sheet
16.00-17:00					
17:00-18:00		Operations actions review meeting – review activities from day and handover			

... a Public Health Registrar during COVID

- ❑ Responding to COVID-19 outbreaks within schools, care homes and businesses
- ❑ Serving a point of contact for COVID-19 guidance and enquiries
- ❑ Test and Trace response
- ❑ Vaccine logistics and distribution
- ❑ Involved in developing pathways and guidance for virtual COVID-19 wards
- ❑ Supporting LFT testing with local authorities
- ❑ Leading COVID-19 intelligence cell
- ❑ Impact assessments of the wider impacts of COVID-19 and lockdown
- ❑ Communication and engagement with communities



...a Public Health Practitioner

- ❑ Contribute to public health outcomes & improving health & wellbeing
- ❑ May support healthy lifestyle programmes, helping individuals and groups to stop smoking and take more exercise
- ❑ Public health nutritionist – develop and evaluate community nutrition services that can help to bring about positive changes to people’s lives
- ❑ Health improvement practitioner – contribute to local programmes which can help to bring about lifestyle and behaviour change (e.g. stopping smoking, diet and exercise)
- ❑ Health protection practitioner - receive notifications about communicable diseases (such as hospital-acquired infections, measles, TB, flu), and then interpret, prioritise and act on them.
- ❑ <https://ukphr.org/how-to-apply-for-practitioner-registration/>





Applying for Specialty Training

What does training consist of?

- ❑ 4 years + MPhil
- ❑ Competency based assessment according to [FPH Curriculum 2015](#)
- ❑ **Faculty of Public Health (FPH) Diplomate examination** (Previously Part A Exam: *'knows how'*) ,
- ❑ **Faculty of Public Health (FPH) Final Membership examination** (Previously Part B exam: *'shows how'*)
- ❑ Range of placements including health protection and on call
- ❑ Out of Programme: OOP Training, OOP Experience and OOP Research
- ❑ Certificate of Completion of Training, CCT



Important Dates for application

☐ <http://www.fph.org.uk/recruitment>

The recruitment timeline for 2022:

- Applications open: 10am 4 November 2021
- Applications close: 4pm 1 December 2021
- Assessment centre: 12 January 2022
- Virtual interviews: 1 - 3 March 2022
- Initial offers by: 24 March 2022



Phase 1 - application meets minimum criteria

- ❑ Register on ORIEL in advance (link via FPH website)
- ❑ Eligibility checking – against the person specification (link)
- ❑ Make sure you clearly demonstrate competence (foundation or AfC and prior experience)
- ❑ Double / triple check the whole application
 - *'...checked a third time and found an error in the dates of my work history which would have meant I wasn't eligible!'*
 - *Think about asking someone else to proof read it for you*
 - *Don't leave it to the last minute. In previous years the system has crashed leaving some applicants unable to submit and having to wait a whole year to try again!*
 - *Recruitment FAQs are very helpful throughout*



Phase 2 – Assessment Centre

****Short timescale between invitation and the date of the assessment centre****

- Literacy - Watson-Glaser critical thinking
- Numeracy - Rust Advanced Numerical Reasoning Appraisal (RANRA)
- Situational judgement test

- All computer based, multiple choice



Phase 3 - Selection Centre (Pre)

In previous years.....

- Booked through ORIEL
- Many slots to choose from if you get in early
- Prepare your documents
- Apply for any necessary reasonable adjustments (you will need to send medical evidence)
- Choose what you will wear
- Last year it was online



The tasks

Selection centre test elements (pre 2021):

- face-to-face interviews with each candidate interviewed in six short panels
- a written test of qualitative and quantitative analytic skills
- a group exercise.

This year the selection centre will be held virtually

- Virtual interviews
- Last year – lasted 40-50 minutes, 4 questions and 1 question had an element of preparation time on the day
- Check FPH website for details and updates



Afterwards

- Relax!
- Rank your preferences as soon as this option is available
- Timescale for notification
- Offers come through ORIEL and are based on your combined score from Assessment Centre and Selection Centre, your ranking, and your preferences
- Can accept with automatic upgrades
- Feedback takes longer





PH training in the East of England



Geography- East of England deanery

- **North Zone**

- Bedford
- Cambridgeshire and Peterborough
- Central Bedfordshire
- Luton
- Norfolk
- Suffolk

- **South Zone**

- Hertfordshire
- Essex
- Southend
- Thurrock



Head of School, TPDs and PHREE

- ❑ Head of School- Jan Yates
- ❑ Training Programme Directors- Sara Godward & Kirsteen Watson
- ❑ Approx. 50+ registrars (not all currently in training)
- ❑ Public Health Registrars in the East of England (PHREE)
- ❑ Bi-monthly meetings, normally held in Cambridge , currently virtual
- ❑ PHREE co – chairs



**Public Health Registrars
East of England**

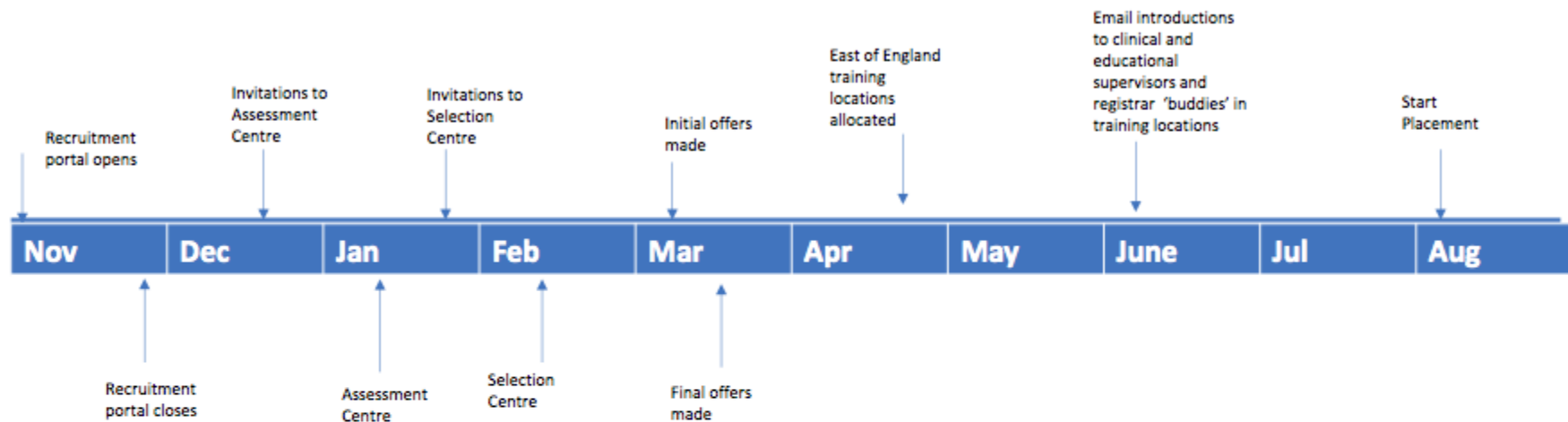


Placements

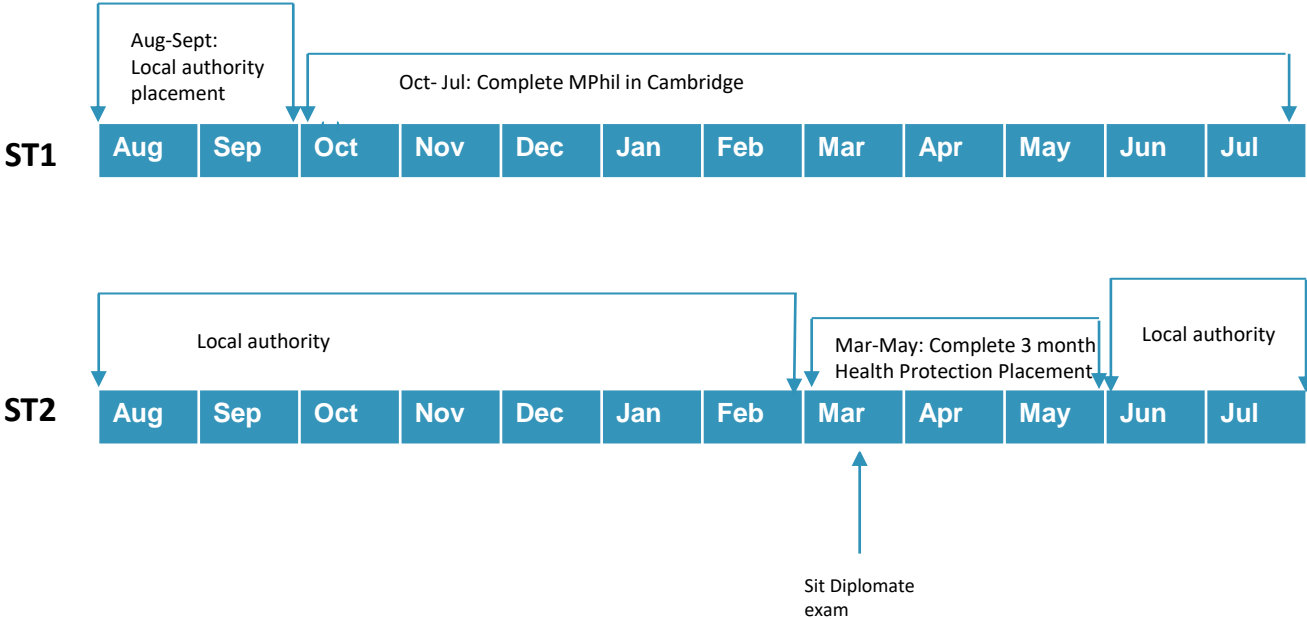
- If you don't already have an MPhil then you will be asked to complete the MPhil- this is at the University of Cambridge, Institute of Public Health from October-August. Normally this is face to face lectures Mon, Tues, Thurs, Fri
- Rough guide to placements- currently being updated
- Local Authority placements
- Office of Health Improvement and Disparities
- NHSE/NHSD/NHSEI
- Public Health England/UKHSA
 - Health Protection Team- Mildenhall (Suffolk) and Harlow (Essex)
 - Healthcare Public Health, Local Knowledge and Intelligence Service (LKIS), Health and Wellbeing- Victoria House, Fulbourn, (Cambridgeshire)
- Screening and Immunisations
- Clinical Commissioning Group placements



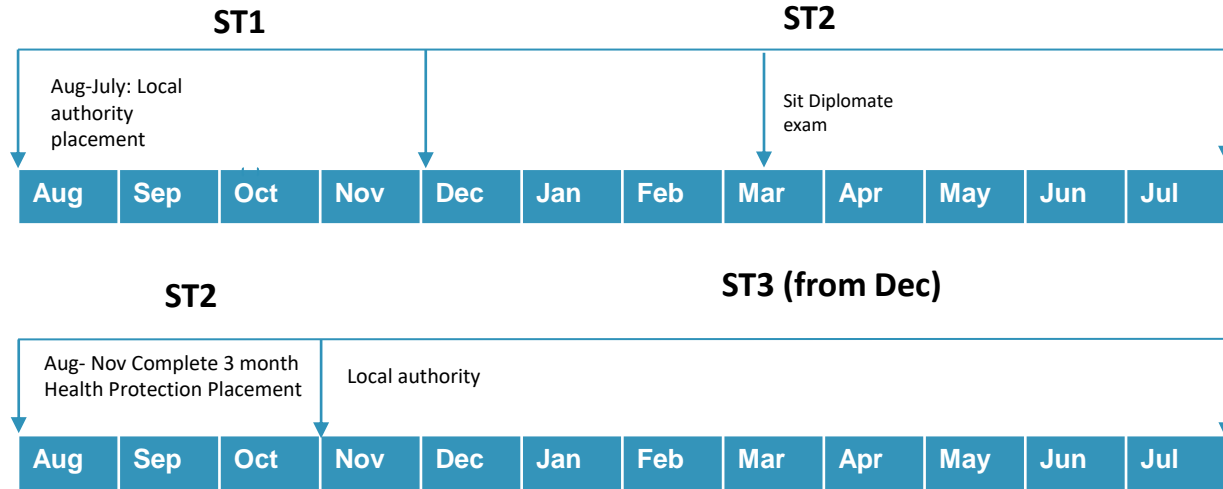
Timeline of application process



Sample timeline of first 24 months in training- MPhil



Sample timeline of first 24 months in training- no MPhil



Expectations and values of the deanery

- <https://www.hee.nhs.uk/about/our-values>
- Working together for patients
- Compassion
- Respect and dignity
- Improving lives
- Commitment to quality of care
- Everyone counts



FAQs/tips/advice from current registrars in EOE

- Talk to people with previous experience of applying
- Read the HEE and FPH websites about the application process
- Think about how your previous experience links to different areas of Public Health (e.g. linking with wider determinants, population health, health protection, health promotion.)
- Application for Academic Clinical Fellowships are in addition to the PH application (Sept/Oct)
- Carefully consider about where to live/ which base placement to select
- (Prior to COVID) There is a lot of time spent in Cambridge (MPhil, training days)
- Your first training location is considered your 'base'- important to note for travel reimbursements
- Clear policies for travel and expenses
- This is not an extension of the London Training Programme and London isn't open to Inter-Deanery Transfers.
- You will be allocated a buddy within the training programme for when you start (ideally in the same location as you)



Why did you apply to the East of England region? Does it offer something specific that interested you?

- From a training POV this region appealed to me due to the proximity to London and potential for doing National Treasure Placements later in training. I was also aware of other opportunities in this region like the National Disease Registration Service.
- Along with a strong public health training programme, there are some great areas to live in the East of England, good school areas, reasonable house prices in some areas, and coastal areas
- We have really strong academic links in the East of England- several universities (including Cambridge), three medical schools, strong university level allied professionals training, so for people with academic interests it can be really diverse and exciting. Also having national teams in Cambridge can provide good diversity of placement opportunities, and the reasonable travel times into London means people may be able to take up Nationally Available Training Placements without having to relocate.
- The other registrars and peer support in this region are amazing. Having people who really care about you and your wellbeing as well as your progression has made this job great, far more than any placement specific stuff.



Resources

- ❑ Health Education England East of England Public Health https://heeo.ee.nhs.uk/public_health
- ❑ Faculty of Public Health: <https://www.fph.org.uk/>
- ❑ A Frequently Asked Questions guide is available on the HEE EOE Public Health website





FACULTY OF
PUBLIC HEALTH

The Faculty of Public Health



FPH works to promote and protect human health and its wider determinants for everyone in society by:

- Playing a leading role in assuring an effective public health workforce
- Promoting public health knowledge
- Advocating for the reduction of inequalities and for the very best conditions for health and wellbeing to flourish



FPH is a resource for your professional development and learning in public health

- ❑ [Membership](#)
- ❑ [Special Interest Groups](#)
- ❑ [Professional Standards \(CPD and revalidation\)](#)
- ❑ [Advocacy](#)
- ❑ [Registrar projects scheme](#)

 @FPH

 <https://betterhealthforall.org/>



Brexit: *do no harm* Campaign

The Role of the
NHS in Prevention





Any questions?

Kale
Nero di Toscana

Cucumbers
Toona kheera,
Lemon

Apple
Serauap

Patisson

Courgettes

Tomatillos (Real Seeds)
These small vegetables in a papery husk are related to the tomato, are very productive and easy to grow, & are used to make salsas, chutneys and in pasta sauces etc, as well as traditional ingredients for Mexican and South American dishes.

If you have further questions

- ❑ For ALL enquiries about the recruitment and selection process please contact publichealthrecruitment.em@hee.nhs.uk.
- ❑ For more information about Public Health training specifically within the East of England please email: phschool.eoe@hee.nhs.uk.

Feedback

<https://www.surveymonkey.co.uk/r/QT5FPBR>



Photos taken from FPH #whatpublichealthlookslike competition



Laura
Try



Sudip
Maiti



Sophia
Desai



Caroline
Furneaux



Ellie
Lewis



Humberside Fire
& Rescue



Dena
Ettehad