

Welcome to the EoE PH School's first Head of School monthly update. This will be a regular update sent to our stakeholders including important information, key contacts and any upcoming events. If you have any feedback from the update you would like to share, please get in touch.

My first order of business is to continue to thank everyone involved in keeping the specialty, non-core and practitioner and general school processes going during the COVID19 period. My old karate teacher used to yell "It's character building!!" as we charged up a wet, cold mountain in Wales and I feel as if we are all currently building quite as much character as we can handle! We are all tired and stretched thin and I remain in awe of everyone's capacity to keep a focus on training and education in such troubled times. My sincere and heartfelt thanks.

Update Summary

1. Lead Employer Global
2. Wellbeing
3. National updates
4. Faculty/regional update
5. Educational ideas
6. Nominate your Public Health Heroes
7. Coming next month
8. Reminders and useful links

1. Lead Employer Global

St Helens & Knowsley produce key messages to be shared with colleagues in training and host organisation's, to view this information go to the following link
- <https://sharedservices.sthk.nhs.uk/lead-employer-global-11/>

2. Wellbeing

A new NHS – Caring for yourself toolkit was put together in the Midlands mainly aimed at nurses to ensure 'Caring for yourself while you care for others'. Within the toolkit is a wide variety of information and support including: dealing with bereavement, financial support, mental health and caring responsibilities. To view the toolkit in full click here.

Registrars will soon be undertaking a wellbeing survey and the school will source additional support where we can.

Please remember that trainees and supervisors can access the HEE wellbeing support resources (see below for link).

3. National updates

The Faculty of Public Health have shared an update from the GMC specifically regarding ARCP outcome 3 when issuing a CCT. This enables registrars with an outcome 3 who catch up to revert to their original CCT date.

Faculty exams are on track to transition from next week to on line formats, see the FPH website for updated FAQs.

Specialty recruitment opens in November and will be entirely on line this year with routine processes for assessment and a slimmed down selection centre. A call will come out soon for consultant colleagues to support these processes which will require less time than previous years. Please offer a little time to this if you can in these resource-stretched times.

4. Faculty/Regional update – Welcoming our new members

We are extremely happy to have successfully recruited to the three outstanding posts to make up our Faculty team; Health Protection - Victoria Matthews, Academic and Exam Support - Angelique Mavrodaris and Non-Core Project - Mei-Li Komashie (starting with working on the curricula for our GP colleagues in PH placements and foundation doctors).

5. Educational Ideas

Imposter syndrome:

This month I want to reflect on Imposter Syndrome which is hitting some of us quite hard as we continue to work in very busy times, often outside of our comfort zone. A recent systematic review of prevalence, predictors and treatment (<https://dx.doi.org/10.1007%2Fs11606-019-05364-1>) found:

Our results suggest that impostor symptoms are prevalent among men and women and members of multiple ethnic groups, and are significantly associated with worsened experiences both in academic and professional settings. The literature critically lacks thoughtful evaluations of treatments of impostor feelings. We encourage caregivers, professors, and employers to be mindful of the likelihood of impostor syndrome in the populations under their care and to take steps to mitigate these feelings.

It is worth, as part of a supervision conversation having an explicit discussion of this syndrome and considering ways to support our trainees in coping with symptoms. I have found these weblinks helpful in these discussions. <https://paulinroseclance.com/pdf/IPTestandscoring.pdf> and <https://startupbros.com/21-ways-overcome-impostor-syndrome/>

6. Nominate your Public Health Heroes

The COVID-19 pandemic has shown just how vital public health services are. But those at the front line of public health practice don't just operate in a crisis – every day, they protect and promote the health and wellbeing of individuals, communities and populations across the UK. To nominate a public health hero, go to the following link - <https://ukphr.org/public-health-heroes-nominate-a-practitioner-today/>.

7. Coming next month

Next month we'll provide more of a spotlight on the practitioner programme, the supervisor development process and how our non-core PH placements are progressing.

8. Reminders and Useful Links

Dates for the diary:

ARCP – November 26th – please ensure all paperwork is completed and available to the panel. We will be light touch again this time and pay particular attention to the educational supervisor report. Wherever you have time please continue to update e-portfolio to reduce the backlog of sign off. We also need at least one ES on the panel so please do try to join us if you can to ensure we are quorate and meeting Gold Guide requirements.

STC – TBC and invite to be circulated once confirmed

School Board - TBC and invite to be circulated once confirmed

Practitioner operations group – December 2nd

Useful links:

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| Study Leave | | Studyleave.eoe@hee.nhs.uk |
| General Public Health Queries & Support | | Phschool.eoe@hee.nhs.uk |
| Professional Support & Well-Being | https://heeoee.hee.nhs.uk/psw | Psw.eoe@hee.nhs.uk |
| Supported Return to Training | https://heeoee.hee.nhs.uk/psw/supported-return-training | SuppoRTT.eoe@hee.nhs.uk |
| Revalidation & Assessment | https://heeoee.hee.nhs.uk/revalidation_assessment | Revalidation.eoe@hee.nhs.uk / assessment.eoe@hee.nhs.uk |

That's all the updates and reminders for this month. All that remains for me is to wish you all a very happy weekend. Please stay safe and well

With very best wishes
Jan