

## Online learning for GPs on Public Health placements

### Introduction to online learning

There are lots of interesting, non-traditional ways to learn about Public Health. There are online courses, webinars, 3 minute explainers, TED talks to name a few, as well as classic fiction, films and popular science books. There is a vast array of information online but which is of variable use depending on the audience.

I have built a selection which I think would be helpful for you, a GP starting their Public Health Placement in the East of England Region. So not to overwhelm you with material, I have “packaged” the learning into different groups. The material in this document is “Introduction to Public Health concepts: Draft version 1.1”.

One of the issues about starting a Public Health placement is the new language that you will encounter and I hope the material below will be able to help with that.

### Please contact me!

I have added my contact details below so that I can troubleshoot any issues. I know that some links can “break” which can be very frustrating. I have accessed most of this material in the last few weeks so the links shouldn’t be out of date but if there are any problems, please let me know and I will be able to update them. I will also be running drop-in zoom sessions so that you have a time that you know that you can contact me and I can help answer any questions in person.

This is a “live project” and in draft stage so I would love to hear back from you around which resources are helpful and which are not. It is hard for me to remove my own bias, so I might easily misjudge the relevance and interest of these resources for you! The content I have chosen is not a generic list but selected specifically for you. Co-production is a hot topic at the moment, but it makes complete sense for you to tell me what aids your learning, and I won’t be able to do this well without your feedback!

My aim, at this early stage is to find or create the right material to compliment the teaching you will receive in your local placement and as a regional GP group. The material is currently in a written document with links but when we think we have the best version of this it will be packaged with interactive quizzes and other tools to be an online teaching course which can be accessed via Bridge.

Many thanks for your help with this, Mei-Li Komashie

## Introduction to Public Health concepts: Draft version 1.1

Subjects	Author	Link to recommended resources	Detail	Time to complete
Introduction to Public Health domains	Health Education England	<a href="https://youtu.be/OJPe-U4iLMA">https://youtu.be/OJPe-U4iLMA</a> <a href="https://youtu.be/wJUmlksvYG0">https://youtu.be/wJUmlksvYG0</a> <a href="https://youtu.be/C1zSDmWUGqM">https://youtu.be/C1zSDmWUGqM</a> <a href="https://youtu.be/RgnCurdZ688">https://youtu.be/RgnCurdZ688</a>	Health Education England (also within PHE PH for professionals e-LfH teaching) explanatory videos of 4 domains of public health: healthcare public health, health improvement, academic public health	4 x 4 m
What is Public Health?	DrCath website	<a href="https://www.drcath.net/snapfacts/index">https://www.drcath.net/snapfacts/index</a>	What is Public Health? Helpful one page summary of Public Health	10m read
Wider determinants of health	Let's learn Public Health	<a href="https://youtu.be/zSguDQRjZv0">https://youtu.be/zSguDQRjZv0</a>	What are determinants of health?	4m
	Health Foundation	<a href="https://www.health.org.uk/publications/what-makes-us-healthy">https://www.health.org.uk/publications/what-makes-us-healthy</a>	What makes us healthy	30m read
Health Inequalities	WHO	<a href="https://youtu.be/NwnhWJUsUnY">https://youtu.be/NwnhWJUsUnY</a>	What are health inequities intro to health inequities. Definition, examples, call to action Curated, walk through health inequities - good use of visuals, definitions, examples and call to action. Very moving and watchable.	5m
	Michael Marmot	<a href="https://youtu.be/8ODYkFwhpRQ">https://youtu.be/8ODYkFwhpRQ</a>	Michael Marmot: Developing further action on reducing the social gradient in health	7m
Understanding the NHS	NHS Future-Focused Finance	<a href="https://youtu.be/a5N2hmLwOf4">https://youtu.be/a5N2hmLwOf4</a>	Overview of NHS Structure and money flow	
	NHS Future-Focused Finance	<a href="https://youtu.be/2QJP7N0nM4M">https://youtu.be/2QJP7N0nM4M</a>	Costing flow in NHS	
	King's Fund	<a href="https://youtu.be/DEARD4I3xtE">https://youtu.be/DEARD4I3xtE</a>	King's Fund Structure of the NHS. Alternative to NHS Future-focused Finance, a bit out of date, I find the animation a bit too fast but others might prefer	

Health promotion – health behaviour	TARG Bristol	<a href="https://youtu.be/Wfp2nkk3zeU">https://youtu.be/Wfp2nkk3zeU</a>	Behaviour change by design  Compare alongside behaviour change models and MECC (Making Every Contact Count)	2m38s
Health promotion – health behaviour Making Every contact count	Mike Kelly HealthMECC	<a href="https://youtu.be/DegzY77IJEw">https://youtu.be/DegzY77IJEw</a>	Making Every contact count Professor Mike Kelly was the Director of the Centre for Public Health at the National Institute of Health and Care Excellence (NICE) between 2005 and 2014 where he led the teams producing public health guidelines.	10m48s
Screening	Sense about science	<a href="https://senseaboutscience.org/wp-content/uploads/2016/11/Makingsenseofscreening.pdf">https://senseaboutscience.org/wp-content/uploads/2016/11/Makingsenseofscreening.pdf</a>	Clear presentation of screening issues (aimed at general public)	30m read
Epidemiology	University of Nottingham	<a href="https://ooc.peoples-uni.org/course/view.php?id=6">https://ooc.peoples-uni.org/course/view.php?id=6</a>	eLearning from Univ of Nottingham Free access via account from People's Uni What is epidemiology?	Online course
Epidemiology and Statistics	e-LfH online course by PHE	<a href="https://portal.e-lfh.org.uk/Component/Details/548689">https://portal.e-lfh.org.uk/Component/Details/548689</a>	Public Health for professionals Course Introduction to Public Health Intelligence	Online course
		<a href="https://portal.e-lfh.org.uk/Component/Details/546296">https://portal.e-lfh.org.uk/Component/Details/546296</a>	Understanding and Measuring Populations	Online course
Climate change and public health	The Lancet	<a href="https://youtu.be/Bp6avcskCcg">https://youtu.be/Bp6avcskCcg</a>	Tracking the connections between public health and climate change 2020. Intro video to The Lancet Countdown on Health and Climate Change: 2020 report	3m28s
Health Care Quality (2 different options of similar material)	Dr. Jessica Uriarte Wright	<a href="https://youtu.be/QexTk38euzy">https://youtu.be/QexTk38euzy</a>	By Dr. Jessica Uriarte Wright Clear animation about 6 dimensions of quality Institute Of Medicine. Some people might prefer this to Berwick Excellent discussion about equity	6m45s
	IHI Open School Don Berwick	<a href="https://youtu.be/5vOxunpnlsQ">https://youtu.be/5vOxunpnlsQ</a>	Personally, I prefer this to the quality animation by Dr Uriarte Wright but as a drawback here is there is less detail around the explanation of equity.	4m35s

Health needs assessments*	Healthknowledge	<a href="https://www.healthknowledge.org.uk/public-health-textbook/research-methods/1c-health-care-evaluation-health-care-assessment/uses-epidemiology-health-service-needs">https://www.healthknowledge.org.uk/public-health-textbook/research-methods/1c-health-care-evaluation-health-care-assessment/uses-epidemiology-health-service-needs</a>	Explanation of Health Needs Assessment – what it is, and how to do one	Online textbook page
Commissioning care*	DrCath website	<a href="https://www.drcath.net/instaskills/commissioning">https://www.drcath.net/instaskills/commissioning</a>	Brief overview of commissioning by Public Health Consultant, Dr Catherine Heffernan	20m read
Clinical guidelines*	NICE	<a href="https://youtu.be/lR99PoO7LqA">https://youtu.be/lR99PoO7LqA</a> <a href="https://youtu.be/NxFwWICaVSc">https://youtu.be/NxFwWICaVSc</a>	How to use NICE Pathways.	2m12s
Using evidence	TARG Bristol	<a href="https://youtu.be/JEQ_tcweqz8">https://youtu.be/JEQ_tcweqz8</a>	Excellent short video introduction Triangulation of evidence. Correlation and causation How do we find causal risk factors and avoid being wrong?	3m07s
Research methods Meta-analysis	TARG Bristol Dr Bowden	<a href="https://youtu.be/i675gZNe3MY">https://youtu.be/i675gZNe3MY</a>	3 min primer on Meta-analysis Free downloadable paper from same group about the topic	3m
Research methods	Center for Evidence Synthesis in Health	<a href="https://youtu.be/-FQSsnaAtOU">https://youtu.be/-FQSsnaAtOU</a>	More practical than above but still not nuts and bolts Systematic Literature Review	3m25s
		<a href="https://youtu.be/kBkG-8Hm7OU">https://youtu.be/kBkG-8Hm7OU</a>	Explanation of Forest plot	
Health economics	e-LfH PHE	<a href="https://portal.e-lfh.org.uk/Component/Details/482667">https://portal.e-lfh.org.uk/Component/Details/482667</a>	Health Economics and Health economic evaluations Health Economics and Prioritisation in Public Health	
Critical appraisal	Cochrane Common Mental Disorders	<a href="https://youtu.be/H8Y-yfi3vp4">https://youtu.be/H8Y-yfi3vp4</a>	1. Introduction to critical appraisal Great introduction to critical appraisal Further 6 videos to complete series	9m33s
Obesity in childhood	Greater London Authority/PHE	<a href="https://youtu.be/zUpR-3cghjo">https://youtu.be/zUpR-3cghjo</a>	Prevalence and causes of children obesity in London Obesity in childhood: long term health effects and interventional strategies for weight reduction	

\*I would prefer to create content here

"Getting into a Public Health mindset"				
Health Systems – complex systems, doctor culture and quality	TED Talk by Dr Atul Gawande	<a href="https://youtu.be/L3QkaS249Bc">https://youtu.be/L3QkaS249Bc</a> Quality issues and complex systems	How do we heal medicine? Atul Gawande April 2012 As an aside – this talk is very similar to AG's acceptance speech for quality award from NCQA - National Committee for Quality Assurance Why doctors should be involved in quality? What the quality issue is Quality issues and complex systems	19m19s
Using evidence	Professor Sir David Spiegelhalter, Winton	<a href="https://youtu.be/PivcZIYDmfQ">https://youtu.be/PivcZIYDmfQ</a>	Keynote address: Communicating for informed choice or for persuasion? Using evidence – miscommunication errors. Understanding risk. Communication skills (explaining statistics to lay person) Covers change in communication around screening to public Excellent and humorous explanation of risk and communicating risk	40m22s
Non communicable diseases	Professor Brian P Mangum  Dec 2016	<a href="https://youtu.be/7ulQV9U0KoE">https://youtu.be/7ulQV9U0KoE</a>	I really like this video as through discussing "choosing interventions to reduce non communicable diseases", Prof Mangum also covers areas such as implementation of research findings, behaviour change, correlation vs causation, level and type of intervention for health promotion very well.	43m19s
Childhood Obesity	Professor Brian P Mangum  2015	<a href="https://youtu.be/ybAuF_O3YT4">https://youtu.be/ybAuF_O3YT4</a>	Childhood Obesity Prevention Programs: Comparative Effectiveness of Interventions Example of evidence-based Public Health programme implementation Outlines – size of problem, causes, health implications, focus on primary prevention of childhood obesity then Talk through a systematic review of interventions – good critique of what this is and implications, public health programmes, evidence for effectiveness,	

Helpful sources which cover Public Health thinking

Websites	Key Reports	Films	Books	Podcasts	Online courses	YouTube channels	Peer to peer teaching	Online zoom
PHE.gov.org	Marmot Review	Sicko by Michael Moore	Enemy of the People, Ibsen-	nakedscientist	e-lfh	PHE	Informal catch up zoom calls or via Whatsapp group	FY&GP study sessions
NICE	Foresight obesity Report		Spirit Level, Kate Pickering and		People's uni	HEEE	PHREE days	
Local council website – Health Needs Assessment	NHS 5 year forward view				healthknowledge	NHS Future Focus		
The "Greenbook"					(FutureLearn)*	LSHTM		
King's Fund					(Coursera)*	TARG Bristol		
Health Foundation								
WHO								