

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 on a 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 “Next steps in Public Health Learning: Draft version 1.1” (or possibly an Introduction to Public Health Practice is a better title).

This document aims to move your learning along one stage and to start equipping you with knowledge and skills that you might need to get started on projects. Some documents are needed for awareness and background knowledge whilst others are more “how to” skills, especially around communication of public health issues.

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 I have accessed most of this material in the last few weeks so the links shouldn’t be out of date but if there are any problems, please let me know and I will be able to update them.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 in the future the aim is to create an online teaching course which can be accessed via Bridge.

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

Next steps in Public Health Learning: Draft version 1.1

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Next steps in Public Health Learning Draft Version 1.1

Subjects	Author	Link to recommended resources	Detail	Time to complete
Public Health Introductory Module	People's Uni	https://ooc.peoples-uni.org/course/view.php?id=26	Basics of Public Health. Great introductory module to public health. You can navigate through the course at drop down menu at the bottom of page, there are many "reflections" pages (free comments from participants)	
Public Health Practice – working in the community Wider determinants of health	People's Uni	https://ooc.peoples-uni.org/mod/page/view.php?id=303&forceview=1	Good. I especially like document/powerpoint slides by Steve Fabricant. NB this link is to "Social determinants of Health - within health policy module (not within Public Health Basics module. They look very similar and both have rainbow module but contain different content. Would be helpful to read alongside Declaration of Alma Ata – Global Health Policy	
Public Health Practice – working in the community Health Inequalities –	Michael Marmot	https://youtu.be/h-2bf205upQ	Social Determinants of Health – from research to policy. Short, brilliant lecture. Perhaps should be included in "Intro to PH Concepts" package? Fair Society, Healthy Lives	22m31s
Understanding the NHS – more detailed look at current structures	National Audit Office	https://www.nao.org.uk/report/a-short-guide-to-the-selected-health-arms-length-bodies	National Audit Office 'short guides' to Public Health England, the Care Quality Commission, NHS Improvement, NHS Resolution, Health Education England, NHS Digital and the National Institute for Health and Care Excellence. Very technical and detailed	
	National Audit Office	https://www.nao.org.uk/report/short-guide-for-health	...and Department of Health and NHS England	
Understanding the NHS in context of reform	Health Foundation	https://www.health.org.uk/sites/default/files/EvolutionRevolutionOrConfusion.pdf	Health Foundation Briefing 'Evolution, revolution or confusion? Competition and privatisation in the NHS (2015). Five years old but a still helpful explanation of the changes made by 2012 Health and Social Care Act.	
	Department of Health and Social Care	https://www.gov.uk/government/publications/working-together-to-improve-health-and-social-care-for-all	White Paper - Integration and innovation: working together to improve health and social care for all	

	BMA	https://www.bma.org.uk/media/3814/bma-member-briefing-gov-nhs-reform-feb-2021.pdf	BMJ response to planned NHS reform	
Understanding the NHS – more detailed look at current structures	National Audit Office	https://www.nao.org.uk/report/a-short-guide-to-the-selected-health-arms-length-bodies	National Audit Office ‘short guides’ to Public Health England, the Care Quality Commission, NHS Improvement, NHS Resolution, Health Education England, NHS Digital and the National Institute for Health and Care Excellence. Very technical and detailed	
	National Audit Office	https://www.nao.org.uk/report/short-guide-for-health	...and Department of Health and NHS England	
Health Care systems - Global	People’s Uni	https://ooc.peoples-uni.org/course/view.php?id=57	Health systems - WHO definition, universal health coverage	
Health economics	Healthknowledge	https://www.healthknowledge.org.uk/public-health-textbook/medical-sociology-policy-economics/4d-health-economics/principles-he	Free textbook chapter on health economics. Concise, useful introduction to health economics principles	
Health promotion – health behaviour	People’s Uni	https://ooc.peoples-uni.org/mod/page/view.php?id=1590	Great introduction. Covers definition, Ottawa Charter, Strategies, Behaviour Change model, levels of prevention	
Health promotion – population level prevention	People’s Uni	https://ooc.peoples-uni.org/mod/page/view.php?id=1470&forreview=1	The population approach to prevention. Prevention Paradox.	
Health promotion – health behaviour	PHE	https://www.makeeverycontactcount.co.uk/	MECC website. Making Every contact count.	
MECC – evaluation guide	PHE	https://www.gov.uk/government/publications/making-every-contact-count-mecc-practical-resources/mecc-evaluation-guide-2020	Discusses the need and how to evaluate MECC programmes	
Health Protection – outbreak control	People’s Uni	https://ooc.peoples-uni.org/course/view.php?id=41	Health Protection Outbreak exercise. Online course	
Infectious diseases Health Protection - Covid information. Series started early	LSHTM (London School of Hygiene and	https://youtu.be/Q9Upb8T-1F8	25/03/20 London School of Hygiene & Tropical Medicine (LSHTM) #2 Discussion includes: Vaccines and reaching vulnerable populations, Reinfection with Covid-19, Herd	47m16s

March 2020. Currently 5 videos (as of 10/02/21) They are all excellent, but I have selected 2	Tropical Medicine)		immunity, Co-morbidities, PCR tests & antibody tests, PPE guidelines, Communicating science to vulnerable groups, Covid-19 transmission, Face masks, Blame and stigma	
		https://youtu.be/f2tFqT6yUtA	01/05/20 LSHTM webinar. Excellent and high detail level #3 explanation of R value, infectious disease modelling etc	34m16s
Vaccination and Immunisation including communication issues to public	e-LfH	https://portal.e-lfh.org.uk/Component/Details/514213	Immunisation Policy and Programmes. Very good online course. The session covers how vaccine policy is developed and implemented in the UK and the various factors that are considered to inform that policy.	30m
	e-LfH	https://portal.e-lfh.org.uk/Component/Details/674674	Covid Vaccination e-learning course for vaccinators. Very good module, contains explanation of timeline of virus, immunology, at risk groups as well as details of the vaccination, trial and regulatory authorities.	52m
	Gov.uk	https://www.gov.uk/government/publications/the-complete-routine-immunisation-schedule	Childhood Vaccination schedule in UK	Reference
	Naked Scientist (consultant microbiologist Dr Chris Smith and team)	https://www.thenakedscientists.com/articles/interviews/psychology-anti-vax-movement	In conversation with Sander van der Leiden psychologist. Especially good for communication issues for GPs around vaccination. Vaccinations and the psychology of the anti-vax movement	5mins read
	Naked Scientist	https://www.thenakedscientists.com/articles/interviews/how-do-vaccines-work	Naked Scientist team member Izzie Clarke in conversation with Clare Bryant, Dept of veterinary studies, University of Cambridge Explaining how vaccines work to lay audience. Includes discussion of mRNA vaccine mechanism Especially good for communication issues for GPs around vaccination	5mins read
	Naked Scientist Giacomo Gorino	https://www.thenakedscientists.com/articles/science-features/whats-vaccine	Excellent succinct article but interesting for clinicians What is in a vaccine?	5mins read
	LSHTM	https://youtu.be/LQKI5SuqtXk	What's in a vaccine? Alternative similar information as above	2m15s

	LSHTM	https://youtu.be/owFT2e8h7lw	How do we know that vaccines are safe?	2m32s
	PHE	https://publichealthmatters.blog.gov.uk/2016/04/25/14-questions-new-parents-ask-about-vaccination/	Questions new parents ask about vaccines Excellent article suitable for lay public but also interesting for clinicians	5mins read
Public Health Practice – Working in Health Protection Team	Gold standard reference book	https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book#the-green-book	Known as “the green book”. Publicly available reference book used PHE Health protection teams	Reference
Public Health Practice – Working in Health Protection Team	PHE – e-bug	https://www.e-bug.eu/	e-Bug (operated by PHE) is a free educational resource for classroom and home use and makes learning about micro-organisms, the spread, prevention and treatment of infection, fun and accessible for all teachers and students.	
Screening – (borrowed from Intro update)	PHE e-LfH	https://portal.e-lfh.org.uk/LearningContent/Launch/581519	Good refresher online course. Material should be familiar to GP trainees. Some videos of particular interest but I cannot link directly to them	45-60m e-LfH estimate
Screening	Healthknowledge	https://www.healthknowledge.org.uk/public-health-textbook/disease-causation-diagnostic/2c-diagnosis-screening	Excellent and comprehensive explanation of screening issues	Textbook chapter
Screening	Gov.uk	https://www.nhs.uk/conditions/nhs-screening/	Public information about screening. Useful website with information about current screening programmes	Website with links
Screening	Healthknowledge	https://www.healthknowledge.org.uk/interactive-learning/screening Intro: 0 m57s https://vimeo.com/230474707 Chapter 1 - What screening is and is not : 10m12s https://vimeo.com/230475426 Chapter 2 – What screening does 26m50s https://vimeo.com/230567550 Chapter 3 – Screening programme 19m30s https://vimeo.com/230569618	Longer, excellent e-learning teaching module by Dr Angela Raffle, Public Health Consultant and national screening expert. Access via healthknowledge link to course can be “clunky” so I had added direct links to the videos below to make this course easier to access NB - vimeo detail says “3 years ago” but speaks of SHAs and PCTs so must date back to around 10 years ago, (eg organisation for commission responsibility for screening has changed since this video was created) There is great role play of a commissioning meeting between “commissioner of new screening” service	Total course approx. 2-3hrs

		<p>Chapter 4 - Measuring what screening does 21m49s https://vimeo.com/230760794</p> <p>Chapter 5 - Measures of test performance 22m56s https://vimeo.com/231509843</p> <p>Chapter 6 - Handling media interviews 11m23s https://vimeo.com/231510766</p> <p>Chapter 7 - Commissioning quality screening 14m33s https://vimeo.com/231512039</p> <p>Chapter 8 - Screening prior to evidence 14m03s https://vimeo.com/231512586</p> <p>Chapter 9 - Interview with Sir Muir Gray 34m11s https://vimeo.com/232619726</p>	<p>(Abdominal Aortic Aneurysm) and “regional coordinator” (of screening played by Anne Mackie). It discusses very practical implementation issues (“if x..starts to give you trouble!). You can find this roleplay at approx. 3m until 11m of video 7</p> <p>It would be good to view the Cambridge Annual Public Health Lecture 2019 by Prof Sir David Spiegelhalter about communicating risk and the change in screening information delivered in 2013 alongside this module.</p>	
Epidemiology – health policy and planning	Bonita, Beaglehole, Kjellström	https://apps.who.int/iris/bitstream/handle/10665/43541/9241547073_eng.pdf?sequence=1	Free e-book Bonita, Ruth, Beaglehole, Robert, Kjellström, Tord & World Health Organization. (2006). Basic epidemiology, 2nd ed. Comprehensive and excellent. See Chapter 10 for Epidemiology, health policy and planning	
Epidemiology and Statistics	Smart Health Choices	https://www.ncbi.nlm.nih.gov/books/NBK63638/pdf/Bookshelf_NBK63638.pdf	Free e-book. Epidemiology aimed at the lay person but I find it very good. Clear explanation about understanding evidence and what it means for you considering eg medical treatment	
Global Health - policy	WHO	https://www.who.int/social_determinants/tools/multimedia/alma_ata/en/	The Declaration of Alma Ata is a landmark international position statement on health as a human right, social and economic inequalities as wrong, the State having responsibility for the health of all its citizens and primary care as the best foundation to provide universal health coverage.	

The Health Care Quality (BMJ view)	BMJ	https://youtu.be/NyHxRJLM-0s	Explains PDSA cycle. Dr Mareeni Raymond (GP) gives an overview of quality improvement	9m25s
	BMJ	https://youtu.be/mD1Xac9FWJ0	Dr Sinead Millwood talk about her motivations for doing a quality improvement project, where she got her inspiration, and her overall experiences through this process. Published report here: http://ow.ly/GNFza	
GPs, budgets etc	BMA	https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/funding/models-for-paying-providers-of-nhs-services	A helpful summary of key models of payments for services within the NHS.	
		https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce	British Medical Association. Useful summary of key issues facing NHS and implications for doctors.	
		https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/funding/budget-2020-what-you-need-to-know	in particular, within this webpage: a simple and clear summary of budgets and other impacts on the NHS and doctors by the British Medical Association (BMA)	
Commissioning care	Royal College of General Practitioners	https://www.rcgp.org.uk/policy/centre-for-commissioning.aspx	Reference website	
Commissioning care	King's Fund	https://www.kingsfund.org.uk/publications/what-commissioning-and-how-it-changing	'Kings Fund briefing 'What is commissioning and how is it changing?'. This is a very useful and concise overview of commissioning in the NHS	
Commissioning care	NHS England	https://www.england.nhs.uk/commissioning/what-is-commissioning/ https://www.england.nhs.uk/integratedcare/ https://www.england.nhs.uk/integratedcare/stps/ https://www.england.nhs.uk/integratedcare/stps/view-stps/cambridgeshire-and-peterborough/	NHS England webpages 'What is commissioning?', Integrated Care, Sustainability and Transformation Partnerships. These webpages are useful for looking into particular geographical areas within England	
Health Policy – International	WHO	https://www.who.int/social_determinants/tools/multimedia/alma_ata/en/	The Declaration of Alma Ata is a landmark international position statement on health as a human right, social	

			and economic inequalities as wrong, the State having responsibility for the health of all its citizens and primary care as the best foundation to provide universal health coverage.	
Health Policy – national	Healthy Child Programme	http://www.healthychildprogramme.com/	An example of a national strategy to tackle a health area. The Healthy Child Programme. This sets out the work for health in the 0-5 years and 5-19 years age groups. This includes the plan for health visitors, immunisation schedule, school nurse programme as well and emotional wellbeing and resilience for young people. The Marmot Review influenced the creation of a tiered system of support within the 0-5 years Healthy Child Programme (“universal proportionalism”).	
Health Policy – local		https://www.cambridgeshireandpeterboroughccg.nhs.uk/health-professionals/clinical-policies-and-thresholds/clinical-policies/	The Lower Clinical Priorities Forum is a good example how local policy can determine health care provided. All Clinical Commissioning Groups have a clinical priorities forum which are responsible for managing demand for treatments and procedures. There is also a forum which regulates the use of high cost medications. This is an important interface between health services commissioning, public health and clinicians. Local funding policies have advantages and disadvantages. They allow flexibility so that different areas can take account of their own budget pressures and allocate resources to population health need. The criticism is that the availability of approved NHS treatments can vary between different regions of England.	
Health Policy – Evidenced based policy		https://www.iph.cam.ac.uk/public-health-policy/case-studies/rapid-systematic-reviews/	A very helpful series of case studies from the Cambridge Institute of Public Health demonstrating good examples of public health research influencing health policy.	

		http://www.iph.cam.ac.uk/public-health-policy/case-studies/impacting-national-debate-obesity/ http://www.iph.cam.ac.uk/public-health-policy/case-studies/sugar/		
Health economics	Healthknowledge	https://www.healthknowledge.org.uk/public-health-textbook/medical-sociology-policy-economics/4d-health-economics/principles-he	Free textbook chapter on health economics. Concise, useful introduction to health economics principles. Excellent online learning within Introduction to PH Concepts doc	
Using evidence	University of Nottingham via People's Uni	https://www.nottingham.ac.uk/toolkits/p/lay_14992	Good introduction to concepts of evidence based medicine. Good contrast with other types such as "eminence based and eloquence based medicine"! Good lead through critical appraisal exercise with model answer	
Evidence Based Medicine critique	Trisha Greenhalgh	https://www.bmj.com/content/348/bmj.g3725	Greenhalgh Trisha, Howick Jeremy, Maskrey Neal. Evidence based medicine: a movement in crisis? BMJ 2014; 348 :g3725 Paper referenced in Univ of Nott Using evidence course	7 page paper BMJ
Population Mental Health	e-LfH	https://portal.e-lfh.org.uk/Component/Details/632925	Population Mental Health including workforce. In particular: Public Mental Health and Mental Health and Wellbeing sections	

Communication of Public Health concepts				
Communication and trust	TED talk 2013 Baroness O'Neil	https://youtu.be/Zul1cag3Aj4 as recommended by David Spiegelhalter Trust as important issue around communication	What would it really take to 'rebuild trust'? Baroness Onora O'Neill at TEDxHousesofParliament Baroness O'Neill, one of the UK's leading philosophers, explores how poorly we attribute or understand trust and the steps we can take to fix this	9m58s
Health Inequalities	PHE	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/322401/Designed_Toolkit_PHE_Health_Inequalities_ISSUED.pdf	Starting a conversation about health inequalities. Called a "toolkit" but I think it is a useful, easy read about inequalities and difficulties about communicating this concept with those who are unfamiliar with it. (I think it is) Very good.	20 page document
Communicating Risk	University of Nottingham via People's Uni	https://ooc.peoples-uni.org/course/view.php?id=32	Good short online course about understanding and communicating risk	
Communicating Risk	Winton Centre	https://docs.google.com/forms/d/e/1FAIpQLSdhlo0e5e5NffWTEZn8_EM-PVT4R88rCViHmi22rAw-sbYCjg/viewform	Assessment of your skills! Googledoc from Winton Centre	
Communication with graphics	Dr Catherine Stone (School of Design, Univ of Leeds) and Dr Mike Gwent (PHE)	https://visualisinghealth.files.wordpress.com/2014/12/guidelines.pdf	7 GRAPHIC Principles for Public Health infographics.	

Helpful sources which cover Public Health thinking

Websites	Key Reports	Films	Books	Podcasts	Online courses	YouTube channels	Government Public sessions	Peer to peer teaching	Online zoom
PHE.gov.org Especially Fingertips	Fair Society, Healthy Lives also called "The Marmot Review "	Sicko by Michael Moore	An Enemy of the People, Ibsen	nakedscientist	e-LFH	PHE	Health and Social Care select committee	Informal catch up zoom calls or via Whatsapp group	FY&GP study sessions
NICE	Foresight obesity Report		Spirit Level, Richard Wilkinson and Kate Picketing		People's uni	HEEE		PHREE days	
Local council website – Health Needs Assessment	NHS 5 year forward view				healthknowledge	NHS Future Focus			
The "Greenbook"	Francis Inquiry (mid-Staffs)				(FutureLearn)*	LSHTM			
King's Fund	Winterbourne review				(Coursera)*	TARG Bristol			
Health Foundation						PublicHealth@Cambridge			
https://wintoncentre.maths.cam.ac.uk Winton Centre for Risk (Prof DS)						LSE			
THIS Institute (The Healthcare Improvement Studies Institute)									
CQC									

Local Government Association									
WHO									

*Paid for content

Note regarding online courses: all of these organisations have excellent teaching. If you search for Public Health or other search terms within these sites, you will find more content than I have listed here. I haven't listed all relevant content, even though they might be good: if I think the level is too basic, there is better alternative material, the online course is too long, the content is excellent but requires membership to be paid for. Also courses might be omitted simply because I haven't had time to review it yet. Please go to these sites and look for courses if you need something in particular or just out of interest. You may be able to obtain study leave funding to pay for access to these courses. As I am able, I hope to review as much of the paid-for-content as I can so to be able to recommend them but I haven't prioritised that yet, until I know that you can obtain funding for access.