

PHAST Training Programme: Spring/Summer 2013

Health Impact Assessment (HIA) – 9th May 2013 (Facilitator: Anthea Cooke)

This whole day workshop aims to provide a basic introduction to Health Impact Assessment (HIA). HIA can be a powerful process to apply to assess the potential impact on health and well-being of a wide range of policies, programmes, services and projects. It can be of particular value in generating evidence to support informed decisions and choices to maximise the potential positive and minimise adverse consequences of interventions. These interventions are often more concerned with social determinants of health and well-being such as housing, transport and community concerns as well as health and social care services.

This course is aimed at: Public health practitioners, GPs, Health Visitors, Midwives, School Nurses, Community Nurses, Environmental Health Practitioners, Police, Fire Brigade, Voluntary Sector, lay members of health and social care bodies, local authority staff and other health and social care staff.

In an interactive learning environment, participants will learn through presentations of theory and practical groupwork.

By the end of the workshop participants will have:

- Understanding of the purpose, principles and methods of HIA
- Awareness of the application of the various tools and methods that support HIA
- Awareness of the importance of involving stakeholders and service users in the impact assessment process
- An experience of using one or more of these tools
- Considered how one or more of these tools and methods could be applied in the workplace

Systems Thinking for Health – 21st May 2013 (Facilitator: Geoff Royston) PHAST/RSPH

Health systems are amongst the most complex that people have to deal with. This one-day workshop will - through a mix of short presentations and group exercises for a practical “learning by doing” approach - equip participants better to navigate the maze of a complex, connected and ever-changing health system. Participants’ will develop practical skills to decipher this complexity and to apply this understanding to the design of effective interventions.

The workshop is aimed at introducing systems thinking approaches to health and other professionals and is relevant to all those dealing with complex and inter-connected issues in health and care i.e. a wide range of NHS, Local Authority, private and voluntary sector staff including doctors, nurses, managers and community and public health specialists.

The workshop will comprise a mix of short presentations and group exercises for a practical “learning by doing” approach. It will be led by an accomplished presenter and facilitator with extensive experience in health systems thinking and modelling.

Participants should be, or about to become, involved in the design and management of complex health and care interventions such as those involving multiple stakeholders (e.g. families,

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businesses, voluntary organisations) and linkage to wider systems (e.g. social care, education, employment).

This is **not** a course for analysts; no technical knowledge of systems thinking or modelling is required.

By the end of the workshop participants will be better able to:

- Understand key systems concepts such as the difference between static and dynamic thinking, tree-by-tree and forest thinking, and straight-line and closed-loop thinking
- Map the components and interconnections of a health system
- Appreciate the value of systems thinking approaches when time and data are in short supply or problems are ill-defined
- Know when (and when not) to use systems modelling and behavioural simulation approaches
- Understand the role of social and other networks in health
- Understand how to achieve large impacts with small inputs and to make effective interventions in complex

The importance and impact of public policy and legislation on health at individual, local, national and global levels - 23rd May 2013 (Facilitator – Anthea Cooke)

Understanding the history and importance of public policy and legislation in relation to health promotion and well-being is a fundamental step to being able to become an advocate and practitioner for health improvement at all levels. This is an inherently political process and requires an ability to appreciate the influences on health and how to influence a range of decision makers. This one day workshop will provide a basic overview of relevant policy development and offer an opportunity for participants to consider how they could apply the learning in their workplace or other environments.

This course is aimed at: Public health practitioners, GPs, Health Visitors, Midwives, School Nurses, Community Nurses, Environmental Health Practitioners, Police, Fire Brigade, Voluntary Sector, lay members of health and social care bodies, local authority staff and other health and social care staff.

In an Interactive learning environment – participants will learn through presentations of theory and practical groupwork.

By the end of the workshop participants will have:

- An understanding of the history of public policy and legislation
- An understanding of how public policy and legislation that impacts on social determinants is also relevant to health and well-being
- An understanding of the influences that can affect public policy and legislation
- An understanding of the current policy and legislative context in relationship to health and well-being
- An opportunity to explore how the learning from this module could be applied in participants workplace

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Futures Thinking for Health – 5th June 2013 (Facilitator: Geoff Royston)

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Health strategies need to be robust to change and uncertainty. This one-day workshop will develop participants' practical strategic skills in coping with system change and developing effective strategic responses to uncertain futures. Participants will scan the health horizon and develop some illustrative health scenarios, weaving the separate elements of change into plausible futures, highlighting threats and opportunities and considering effective programme responses.

The workshop is relevant to a wide range of NHS and Local Authority staff including medical and non medical directors, commissioning managers and community and public health specialists.

The workshop will comprise a mix of short presentations and group exercises for a practical "learning by doing" approach. It will be led by an accomplished presenter and facilitator with particular experience in the use of futures thinking in shaping innovative policies and programmes and in developing skills in futures thinking amongst a wide range of staff up to and including those at main Board/Director level.

Participants should be involved, or about to become involved, in issues requiring looking ahead to assess future health and care needs and developing strategies and programmes to meet them. By the end of the workshop participants will be better able to:

- scan the horizon for important developments affecting health and care
- think systematically about where such developments could lead
- identify the threats and opportunities that these developments present for health strategies and programmes
- generate strategic responses that are robust to change and uncertainty

Introduction to Public Health Skills – 4th July 2013 (Facilitator – Hannah Pheasant)

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The training day aims to provide participants with the knowledge and skills to understand the key components of public health and health promotion. It explores examples of past and present public health work and the role that everyone plays in the promotion of public health. It focuses on the key determinants of health and ill-health and the importance of epidemiology for studying the patterns, cause, and effect of health and disease in defined populations.

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The workshop is open to all – anyone working in health and social care (e.g. NHS, Department of Health, Local Government) who want to answer the question “what is public health?”.

The course is delivered as 1-day interactive face-to-face training using PowerPoint presentation with group work and case studies.

By the end of the workshop participants will be able to:

- Demonstrate an understanding of what is meant by “Public Health”
- Provide examples of the scope of public health work and roles of people and organisation who are involved with public health
- Explain the key factors influencing the wider determinants of health and ill-health and demonstrate some knowledge of health inequalities
- Understand the importance of studying the patterns, cause, and effect of health and disease on populations for the practice of public health

Critical Appraisal Skills – 11th July 2013 (Faciliator: Sally Crowe)

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Critical Appraisal skills enable you to assess the trustworthiness, relevance and results of published papers so that you can decide if they are believable and useful. This interactive half day workshop will help you familiarize yourself with key concepts in critical appraisal and apply these to a real study and consider the implications of your appraisal in the context of a public health scenario

The workshop is relevant to Public Health Practitioners new to critical appraisal, or for those that want to brush up their critical appraisal skills.

Participants will be committed to reading two research papers prior to the workshop and attending with an open mind. There will be three components to the course:

- 1) Introductory session on evidence based decision making and components of Randomised Controlled Trials, Systematic Reviews including some basic statistics
- 2) Small group work x 2 appraising a paper using a checklist
- 3) Sharing feedback between the small groups and considering the research in the context of a public health scenarios. Participants will receive a workshop pack and a glossary of terms

By the end of the workshop participants will be able to:

- Appreciate why it is important that decisions are informed by the best available evidence
- Have critically appraised a systematic review or randomized controlled trial
- Considered this evidence in the context of their own practice