

ramblings

REFLECTIONS FROM A 3RD
YEAR TRAINEE

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What I want to cover

- Brief bit about me
- What I've done for last 3 years
- Focus in detail about one attachment
- How what I've done has influenced what I'll do next

My background

- Social sciences background (politics)
- Worked in:
 - voluntary sector
 - welfare benefits/employment rights
- Joined the civil service but wanted to move into research
 - did Masters in research methods
- On graduation day – took up research post at the ‘other’ university in Newcastle
 - several research contracts
 - developed use of HIAs in the North East
- After 6 years moved into a PCT to manage research & development
 - part of public health directorate
 - social sciences close to public health
- Joined training programme April 2004

Training pathway so far

- 16 months at a Teaching PCT
- 4 months with Health Protection
- 15 months at a Care Trust
- Passed Parts A & B last year
- <20 competencies left
- In addition:
 - education secretary & vice chair of trainees group
 - involved with Agenda for Change negotiations
 - FPH Trainee Members Committee

HPA attachment

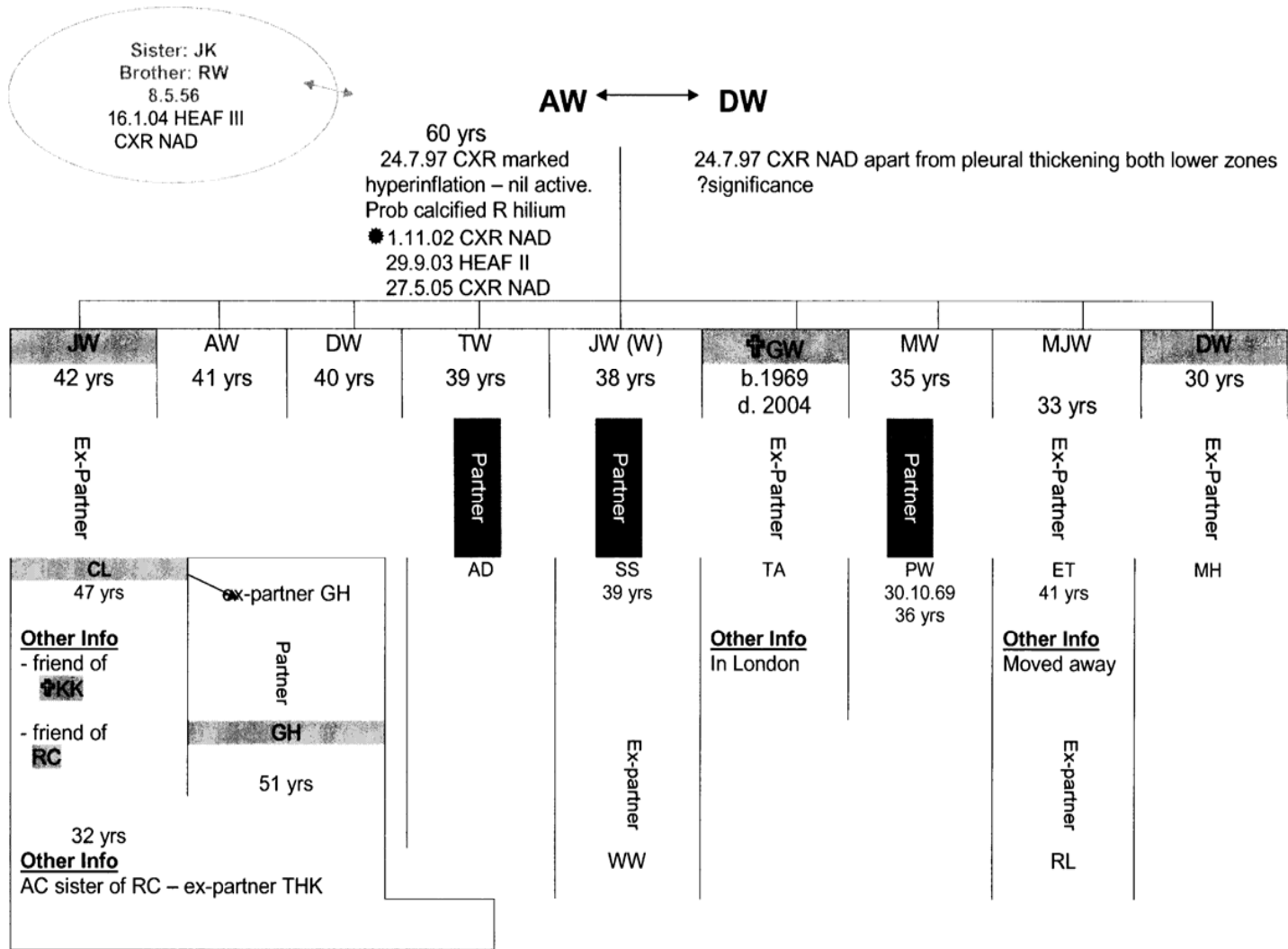
- based in Sunderland
 - covers 3 local authority areas
 - 1 CCDC
 - 3 nurses



- started attachment 16 months into training programme
- planned to do 3 months – stayed for 4

Examples of work

- part of telephone triage rota
 - childhood immunisations
 - travel health
 - Hep B / Hep C
 - meningococcal cases
 - food poisoning
 - crypto cases
 - visited cases with EHO (typhoid, listeria)
- redrafted local leaflets & letters
 - Strep A & cryptosporidiosis leaflets
 - school letter re: meningococcal
- assisted with training events
 - pneumococcal training for community nursing staff
 - outbreak training for EHOs
- responded to a GP around lymphoma and links with occupation & power cables
- long running extended family of TB



Experience gained

- dealing with individual cases
 - visiting individuals
 - taking case histories
 - arranging treatment
- liaison & collaborative work with:
 - EHOs
 - labs (HPA & hospital)
 - residential homes
 - primary care and acute hospitals (e.g. infection control)
- understanding of infection control measures
- respond to unusual individual requests (e.g. GPs, SVS)
- increased understanding of role of CCDC
- great revision for Part A exam

Training milestones

- dealing with reactive work good preparation for on-call
 - meningococcal cases
 - food poisoning and D&V outbreaks
 - started on-call when still at attachment so well supervised and supported
- work with other parts of HPA
 - environmental scientists
 - Regional epidemiologist
- involvement with area/regional groups
- picked up HP work at Care Trust on behalf of DPH

Competencies addressed

- much of **'Area 2'** of portfolio
(Promoting and protecting the population's health and well-being)
- can sign off other competencies, especially in:
 - **Area 10** *(Ethically managing self, people and resources)*
 - **Area 3** *(Developing quality and risk management within an evaluative culture)*
 - **Area 4** *(Collaborative working for health)*



Issues for future

- would have preferred to go to HPA earlier in training
 - to help with Part A preparation
 - able to be on-call
- gap between doing attachment and being on-call could become too wide
- reactive work v CCDC role
- if want to specialise in health protection would require longer attachment



Other public health specialists

- if not part of training programme – currently 2 week placement
- if have non-medical background useful to arrange short placements beforehand
 - EHOs
 - microbiology labs
 - HPA labs
 - hospital infection control team
- learning set

How this influenced me

- Beforehand – was something I had to do (no choice)
- In the end – couldn't get rid of me
- Really enjoyed attachment – now keen to have a future career in health protection
- Why? - two days never the same and enjoy the uncertainty



What next?

- Like to do national/international attachment related to public health protection
- Just started a joint attachment between Newcastle University and HPA around TB & diabetes
- Able to develop two interests
 - research and health protection