

Briefing for students, learners and trainees in NW London, #3



Developing people
for health and
healthcare

www.hee.nhs.uk

Health Education England in NW London is the body responsible for planning the healthcare workforce, and commissioning and supporting healthcare education in NW London, from undergraduate nursing to placements for therapists, to postgraduate medical training. We have developed this newsletter to share useful resources which we hope that all learners, from undergraduate students to postgraduate doctors in training might find interesting for background reading, to support their learning and to enhance their care for patients.



Building a research career:

thinking early about how to build a possible career in research is important and students and staff from all backgrounds should consider making research part of their work: this document provides fantastic ideas, support and signposting. <http://www.nihr.ac.uk/documents/faculty/Building-a-research-career-handbook.pdf>

Understanding health research

This new tool will guide you through a series of questions to help you to review and interpret a published health research paper: fantastic I practice and to learn about research skills. <http://www.understandinghealthresearch.org/>

Health Coaching

Health coaching is helping people gain the knowledge, skills, tools and confidence to become active participants in their care so that they can reach their self-identified health goals. By providing clinicians with new skills that help people identify what's most important to them, and tapping into their own internal motivation, evidence shows health coaching can also address health inequalities, improve health behaviours including medication compliance and reduce avoidable admissions. Significant evidence has demonstrated the benefits for patient care widely. <http://www.betterconversation.co.uk/health-coaching.html>

Exercise and health

A useful workbook on case studies showing students how to prescribe exercise (and take a history etc.) – aimed at medical students but can be used much more widely for all students: <http://www.fsem.ac.uk/media/43891/exercise-prescription-in-health-and-disease-booklet.pdf>

Digital Health

The London academic health science networks have invested in a range of digital health companies to accelerate their progress in developing tools which can be widely used: do look here at the very exciting possibilities: <http://digitalhealth.london/accelerator/our-companies-2/>

HEE educational initiative: Use this film to help patients stop smoking, created by one of our projects <https://youtu.be/ksFUHJHN9X8>



Shared Decision Making

Shared decision-making is a process in which clinicians and patients work together to select tests, treatments and management, based on clinical evidence and the patient's informed preferences. It involves the provision of evidence-based information about options, outcomes and uncertainties, together with decision support counselling. Shared decision-making is viewed as an imperative by all professions which expect clinicians to work in partnership with patients, informing and involving them whenever possible. It is important for patients because they want to be more involved in making decisions about their own health and health care. There is also compelling evidence that patients who are active participants in managing their health and health care have better outcomes than patients who are passive recipients of care. This report clarifies the concept and outlines the actions needed to make the aspiration a reality.

http://www.kingsfund.org.uk/sites/files/kf/Making-shared-decision-making-a-reality-paper-Angela-Coulter-Alf-Collins-July-2011_0.pdf

Atlas of solutions from the Academic Health Science networks

The AHSN Atlas is a platform for the very best examples of how to spread high impact innovation across the health and care system. It features case studies from the 15 AHSNs, for example covering diabetes, cardiovascular disease, data integration, new models of care and much more. <http://atlas.ahsnnetwork.com/>



Teaching/learning resources on end-of-life care and cancer

There are a host of excellent free resources to improve your skills and knowledge about end of life care and issues around cancer, including www.endoflifecareforall.com : a library of e-learning sessions to enhance education of all those involved in delivering end of life care.

Macmillan offer fantastic resources eg

<http://www.macmillan.org.uk/aboutus/healthandsocialcareprofessionals/resources/downloadsandtoolkits.aspx> and <http://learnzone.org.uk/> contains amazing free on line learning covering topics including advance care planning, cancer and dementia, nutrition, communication etc

New Kings Fund reports

Three new reports make really good reading : “Supporting new cross boundary roles”

<http://www.kingsfund.org.uk/publications/supporting-integration-new-roles-boundaries>

“how to success working with patients as partners”

http://www.kingsfund.org.uk/sites/files/kf/field/field_publication_file/Patients_as_partners.pdf

and “Gardens and health”, which demonstrates the important place gardening interventions have in the wider health and care system with a focus on four specific areas: social prescribing; community gardens; dementia care; end-of-life care

<http://www.kingsfund.org.uk/publications/gardens-and-health>

Academy of Fab NHS stuff

If you have not seen this, take a look: some really great initiatives here for sharing, from across the UK improving care in the NHS <http://www.fabnhsstuff.net/>

E-learning for health

e-learning for health web site (<http://www.e-lfh.org.uk/home/>): a great resource with hundreds of e-learning modules, e-LfH is free to all relevant healthcare professionals within the NHS; the sessions you can access depend on your specialty and profession, and all have been updated regularly. Includes specific and generic (eg leadership) training, across huge range of topics.

Dermatology

Most of us are very bad at recognising skin conditions. This web site from the primary care dermatology society is a fantastic resource and treasure trove of high quality validated information: <http://www.pcds.org.uk/>

Genomic medicine

We would encourage all healthcare staff to learn more about **Genomic Medicine** and lots of opportunities exist including courses or full MSc from HEE often provided completely free via support from HEE (<https://www.genomicseducation.hee.nhs.uk/>); locally Imperial College is running an MSc <http://www.imperial.ac.uk/medicine/study/postgraduate/masters-programmes/msc-pg-dip-and-pg-cert-genomic-medicine/>. Further free on line learning eg from HEE (<https://www.genomicseducation.hee.nhs.uk/courses/courses/introduction-to-genomics/>) or other for example St George's via future learn (<https://www.futurelearn.com/courses/the-genomics-era>). The HEE supported MSc will only be free for a time limited period.

HEE NWL supported education initiatives



A fantastic **app** was developed with HEE in NW London on the **prevention of pressure ulcers**: aimed at healthcare staff to share with patients and carers, but also for their own learning, and directly for patients and their carers: **PUinfo** from all the app stores.

Watch this short film to learn a little about **perinatal mental health** and how mental health can impact on pregnancy
https://youtu.be/z542ld5_ilq



A useful web site for learning about the **management of patients with falls, and their prevention**: <http://cepn-align.org/> and share resources, for multiple professionals involved, from dieticians to physiotherapists, doctors to carers.

TalkLab: better conversations: HEE in NWL supported this fantastic programme exploring how to have better conversations with children (but the lessons are or interest to all healthcare professionals). The films on this website <http://talklab.nhs.uk/> are short, interesting & useful.

Mental Health Awareness training for Emergency staff: MATES

These 4 brilliant videos have been developed to provide training for all staff who might see patients in an emergency situation, from paramedics to ED teams, on self harm, delirium in dementia, psychosis and where anxiety can lead to major difficulty breathing.

Self-harm MATES video

<https://www.youtube.com/watch?v=3KzzCS5b-cl>

Psychosis MATES video

<https://www.youtube.com/watch?v=8EJe32pKlpY>

Delirium in dementia MATES video

<https://www.youtube.com/watch?v=Y1uha-q4COI>

Anxiety in respiratory illness MATES video

<https://www.youtube.com/watch?v=WF35y8GiP50>

We welcome feedback about this newsletter/briefing: any comments please email Natali.Garcia@nwl.hee.nhs.uk