

Jane Boulter

Jane is an Occupational Health Advisor with 30 years' experience. She has worked for the past 25 years at the same engineering company, 15 years as part of the in-house occupational health team. She transferred to an occupational health provider 10 years ago, continuing to work for the same client. This has enabled her to utilise her local knowledge of the company whilst continuing to provide a full occupational health remit, as a contractor.

Two years ago, she was able to face up to her lifelong challenge of anxiety and depression. She looked for further training for clinicians to improve their resilience, but unfortunately there was nothing available. She has been using her own experiences with a mental health condition to research and review the wellbeing provision for clinicians. She has been working with the Society of Occupational Medicine, Professor Gail Kinman, and the Charlie Waller Memorial Trust. They have put together a leaflet to provide support for OH clinicians, to enable them to maintain their wellbeing in challenging times working within a clinical setting. Undertaking this work has given Jane the confidence to expand on her work in this field, and she is now putting together a training package for clinicians.

