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SOM Occupational Health Awards 2022 - free to enter, deadline extended to Tuesday 15th November

Join us in celebrating the superb work that occupational health professionals undertake every day! Awards will be presented at the SOM Christmas Drinks Reception on Wednesday 14th December evening at the Royal College of Physicians, London.

The awards are free to enter and the deadline has been extended to Tuesday 15th November.

Register to attend the awards evening [here](#).

We look forward to receiving your entry for the following categories:

- Outstanding Occupational Health Initiative
- Outstanding Occupational Health Practitioner
- Outstanding Contribution by an Employer to Workplace Health and Wellbeing, sponsored by [Greys Specialist Recruitment](#)
- Outstanding Occupational Health Team, sponsored by [Kays Medical](#)
- Outstanding Contribution to Diversity and Inclusion, sponsored by [Cordell Health](#)
- Outstanding Contribution to the Development of OH Globally

Full details [here](#).

Send your award submission(s) via our [online form](#).

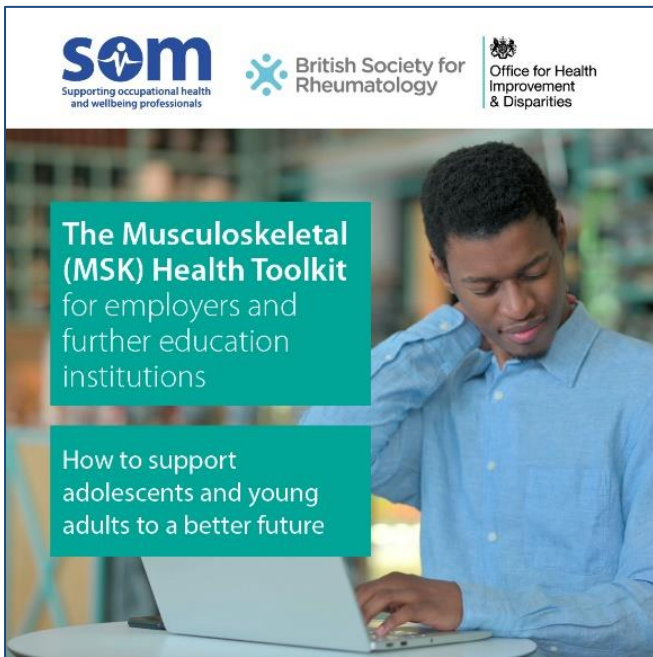
If your company is interested in sponsoring an award, contact ann.caluori@som.org.uk

New Job opportunities

Occupational health (OH) professionals make a real difference to the health of workers. Research shows that good health is good for business and better workplaces have better financial results. Jobs in OH are rewarding, interesting and allow a good work/life balance. The Society of Occupational Medicine can help you with information about jobs and careers in OH, current vacancies and advertising for an OH role through us.

Current vacancies [here](#). Find out more about advertising your vacancy with us [here](#).

New SOM guidance



MSK Health Toolkit for employers and further education institutions - new guidance from SOM, the British Society for Rheumatology and the Office for Health Improvement & Disparities.

Download the guidance [here](#) and watch the launch webinar [here](#).

What might best practice look like for managing good sleep practice for night workers at work?

New SOM guide [here](#).



Dupuytren's Disease and work with hand-held vibrating tools.

New SOM guidance from the HAVS Special Interest Group [here](#).

Diploma in Occupational Medicine graduates SOM Special Interest Group meeting - Thursday 10th November, open to all

A first meeting for all medics who have completed a Diploma in Occupational Medicine in the past five years. The meeting will start with a welcome from Dr Shriti Pattani, SOM President, and colleagues, Dr Bhavik Patel and Dr Kabir Varghese. It will cover a presentation on a new survey of Occupational Medicine Diplomates from Dr Vaughan Parsons, Kings College, London and an opportunity to raise your questions.

Please email nick.pahl@som.org.uk if you wish to join.

Former DWP Secretary of State, MP Chloe Smith's speech highlights importance of occupational health

"I'm aware of the challenges for small businesses in particular, in delivering high-quality occupational health, but I want to help them by aiming high - every business will want to make great provision available for employees."

Read the full speech [here](#).

Invitation to participate in EDI research

Personal characteristics, career experiences and progression in occupational health practitioners; investigating equality, diversity, and inclusion.

Researchers: Prof Drushca Lalloo, Prof Ewan Macdonald, Dr Sheetal Chavda, Dr Simon Walker

You are invited to take part in a research study being conducted by researchers at the University of Glasgow to investigate differences in experiences and career progression of UK Occupational Health practitioners based on personal characteristics such as age, gender, religion, ethnicity, sexual orientation, and disability. This study is kindly being supported by SOM and FOM. If you wish to participate in this entirely voluntary study, please read the [Participant Information Sheet and Privacy Notice](#). Participation involves completion of a single online questionnaire that will take approximately 15 minutes to fill in.

If you wish to participate, please [click here](#).

If you have any questions about this research, contact Prof Drushca Lalloo:
drushca.lalloo@glasgow.ac.uk

RCN and SOM Occupational Health Nursing Conference and Exhibition

Connect
Discover
Inspire

RCN
Events

RCN and SOM Joint Occupational Health Nursing Conference & Exhibition

Becoming agents of change

Fees from just
£80
+VAT

Friday 25 November 2022
Hybrid: Online and 20 Cavendish Square,
Marylebone, London, W1G 0RN
www.rcn.org.uk/OH22

In partnership with
som
Supporting occupational health
and wellbeing professionals



The fifth joint RCN and SOM Occupational Health Nursing Conference and Exhibition takes place on Friday 25th November. Attend online or in person. The programme highlights the latest developments in research, practice and policy, providing a refresh for OHN practitioners on key challenges and issues in supporting the working age population health.

Find out more and register [here](http://www.rcn.org.uk/OH22).

SOM Past Presidents' Dinner



SOM Past Presidents gathered at a special dinner at the Royal Air Force Club in London in October

Occupational Medicine Reviewers' Workshop Friday 2nd December, London

Limited places, also available online. Open to existing and new reviewers who would like to begin reviewing articles for *Occupational Medicine*. No fee; travel expenses will not be reimbursed. 10am-4pm with CPD certificate upon completion.

To register, email Angela Burnett at omj@som.org.uk

Unveiling of COVID-19 memorial at the Royal College of Physicians



RCP President Dr Bob Goddard, SOM President Dr Shriti Pattani, and Sir Chris Whitty at the unveiling of the COVID-19 memorial at the RCP London

Introducing NHS Growing Occupational Health and Wellbeing Together

The NHS in England has recently launched the Growing Occupational Health and Wellbeing Together five-year collaborative strategy and programme of work as part of the [NHS People Plan](#). It is designed to grow healthcare Occupational Health and Wellbeing (OHWB) services, professionals, practice, and positively evolve the professional identity of OH and Wellbeing through a united vision and four improvement drivers.



Occupational health and wellbeing professionals are in the driving seat

Growing OHWB has been co-designed with and puts the healthcare OH and wellbeing community in the driving seat to improve services and grow together. It sets out a united 'call to action' and a clear and united roadmap for Integrated Care Systems, healthcare organisational leaders, and local OHWB services leaders to unite behind to grow the OHWB professions, services, and practice. It has the backing of national bodies including NHS England, SOM, FOM, CIPD, NHS Health at Work Network, NHS Employers, HEE, Trade Unions and is aligned to the OH programme of work within the Department of Health and Social Care / Department of Work and Pensions.

What makes Growing OHWB different?

Growing OHWB boldly states that, anything and anyone that supports improving the occupational health and wellbeing of healthcare people is included within it. What makes the ambition different is how it encourages an integrated service user pathway and unites the multi-professional OHWB community as family of roles who are caring for the health of the NHS workforce. It acknowledges that collaboration at a national, system and organisational level is essential to realise the united vision and that no one person or organisation can achieve this alone.

Early successes

Since launch in June 2022 there has been a significant and rapid investment in our healthcare OH and wellbeing community and services. This has included investment in NHS OHWB professionals to engage with NHS Leadership Academy development programmes to support them in being confident in leading this exciting programme of work, and also enabling access to professional qualifications in OH to increase the capacity of OH nursing, physicians, and managers in the NHS. There has also been support for Integrated Care Systems and OH and wellbeing services to evolve their models of service delivery, whilst capturing the best practice from this so that others can learn and apply this to their own local practice.

What's next?

NHS England has developed a long-term programme of work aligned to the four improvement driver areas that supports ongoing investment in growing the OHWB workforce, services, practice, and identity and is also working collaboratively with national stakeholders, including SOM, to align work to support the OHWB community. Some of the highlights coming soon include: Creating a OHWB service development toolkit, ongoing investment in the OHWB workforce, sharing a variety of best practice through an online repository, exploring how digital and technology can improve service provision, developing all healthcare leaders and managers in health and wellbeing, toolkits to support teams, working to integrate OH and wellbeing into strategic assurance frameworks, improving OHWB data to better demonstrate value and impact, and undertaking research projects to drive OHWB forward.

Find out more and access the strategy

You can access the strategy and more resources on the [NHS Futures](#) site and download a getting started pack of resources [here](#).

You can also contact us at Growing.OHWB@nhs.net



Dr Shriti Pattani

President, Society of Occupational Medicine
National Expert in Occupational Health, NHS England



Dr Adam Turner

Improving Health and Wellbeing Lead, NHS England

Upcoming SOM events

For more details, visit our [events page](#)

Date and Time	Title
Tuesday 15 th November 2022 12-1pm Register here	How to improve financial wellbeing amid the cost of living crisis - in partnership with iOH
Monday 21 st November 2022 12-1pm Register here	Maximising the value in procuring good occupational health - in partnership with COHPA
Tuesday 29 th November 2022 12-1pm Register here	Tips on Complaint Handling (for doctors working in OH Medicine) - Alan Frame, MDDUS
Friday 13 th January 2023 11am-12pm Register here	Supporting Employees with Disabilities in Work - in partnership with the Business Disability Forum

Come to upcoming SOM Regional Group meetings

East Midlands Group meeting, Thursday 10th November, 6.30pm online

Topic: Genius Within - Neurodiversity Service Provision

RSVP to Natasha.Sethna@som.org.uk

Northern Ireland Group President's Dinner, Friday 11th November 7pm

Venue: SHU Restaurant, 253 Lisburn Road, Belfast, BT9 7EN

RSVP to e.s.l.porter@doctors.org.uk

South Wales and West of England Group, Friday 2nd December 9.30am-1pm

Venue: St David's Hotel, Cardiff

Topic: Safety Critical Fitness to Work

RSVP to Natasha.Sethna@som.org.uk

Regional Group meetings are a benefit of SOM membership. To find out about becoming a member, [visit our website](#). Non-members can attend a meeting as a 'taster' – if interested, please email Natasha.Sethna@som.org.uk

The Health and Occupation Research (THOR) network: join as a reporter

As a reporter, you help provide policymakers with evidence for policies to prevent work-related ill-health, raise awareness and improve the identification, diagnosis, and management of patients with work-related ill-health. You also receive formal and public acknowledgment of your contribution, access to CPD, quarterly newsletters and annual reports on all reported cases, a data request service and opportunities to collaborate with colleagues and researchers using THOR data. To join, complete this [recruitment form](#).

Questions?

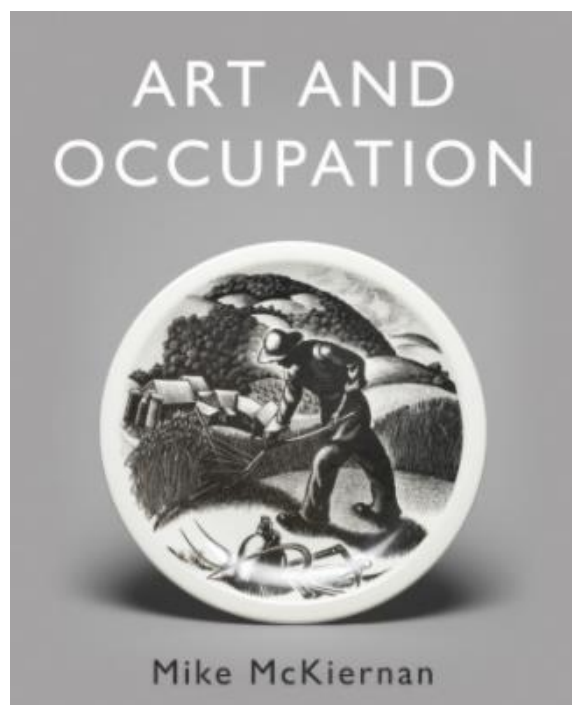
Contact susan.taylor@manchester.ac.uk or laura.byrne@manchester.ac.uk



Mental health resources/updates

- Cost of living and mental health - useful website [here](#).
- WHO Mental health at work: policy brief [here](#).
- CIPD Supporting mental health at work: Guide for people managers [here](#).
- Mind/FSB Mental health at work: A guide for small businesses [here](#).

Art and Occupation book - 40% discount for SOM members



Looking for a Christmas present for a friend or colleague..?

Art and Occupation is a beautifully illustrated book featuring a series of articles written by Dr Mike McKiernan for the SOM journal *Occupational Medicine*. It is available to SOM members at a special 40% discount. Email ann.caluori@som.org.uk for the discount code.

You can purchase the book [here](#).

Read a review of the book by Anthony Seaton [here](#).

Anthony Seaton is Emeritus Professor of Environmental and Occupational Medicine at Aberdeen University and Senior Consultant to the Edinburgh Institute of Occupational Medicine.

SOM NMC Confirmer Training for OH Nurses - Online, Tuesday 15th November 1.30-5pm

Led by Professor Anne Harriss. The training will be held virtually, via Zoom. It will prepare NMC registrants to undertake a role as a revalidation confirmer. Its objectives are to explore:

- The rationale that underpins the process of NMC revalidation
- The NMC Practice and CPD requirements required to maintain registration
- The responsibilities of the registrant and confirmer
- The process including paperwork

Cost: £60 for SOM members (£80 non SOM members).

Limited places available. Register [here](#).

Q&A with Professor Gail Kinman



How did you get into occupational health psychology?

During my undergraduate degree in the early 1990s, I became very interested in occupational and health psychology but they were seen as very separate disciplines and I didn't want to specialise in either. I then discovered occupational health psychology, basically a blend of the two disciplines, that was then in its infancy.

I became interested in the impact of emotionally demanding work on employee wellbeing and started working in various sectors, such as health and social care, education and within prisons, to identify the risks and develop holistic interventions to address them.

Occupational health hero?

I have two heroes – Robert Karasek and Johannes Siegrist. They have developed social epidemiological models of work and wellbeing that are hugely influential in the field of OH psychology. The demand-control and effort-reward imbalance models have provided great insight into the aspects of work that are most toxic for health and have informed many effective interventions.

Dream dinner party guests (4 allowed)?

Studs Terkel, Leonard Cohen, Maya Angelou and David Sedaris – a good balance!

Best occupational health book?

That would be "Working: People Talk About What They Do All Day and How They Feel About What They do" by Louis 'Studs' Terkel. Terkel wasn't an occupational health practitioner, but a writer, oral historian and broadcaster. The book, originally published in the 1970s, is based on a series of interviews he did with people across America working in mostly mundane, low paying jobs. It offers such profound insight into 'ordinary' people's working lives and how this affects their wellbeing – it should be on everyone's reading list.

Tell us a joke...

I tried to get tickets for my favourite rock band, Placebo, but they were sold out. So I went to see their cover band instead. They were just as good.

Gail Kinman is Visiting Professor of Occupational Health Psychology at Birkbeck, University of London



About the SOM

The Society of Occupational Medicine (SOM) is the largest and oldest national professional organisation of individuals with an interest in occupational health (OH).

Membership is for anyone working in and with an interest in OH. It demonstrates a commitment to improving health at work, supports professional development and improves future employability enhancing our members' reputation and employability.

Members are part of a multidisciplinary community – including doctors, technicians, nurses, health specialists and other professionals – with access to the information, expertise and learning needed to keep at the forefront of their role. Members benefit from career development opportunities alongside practical, day-to-day support and guidance, through local and national networks that are open to all.

Through its collective voice, SOM advances knowledge, increases awareness and seeks to positively influence the future of OH.

Join us - at www.som.org.uk

SOM Membership Offer Survey

We are currently investigating ways to improve our membership offer. We have created an online survey in the link below which will help us find out more about what potential members want:

<https://www.surveymonkey.co.uk/r/89J6CSW>

If you could help us by completing the survey, that would be great. As a thank you, upon completion of the survey you have the option to receive a discount code for joining the SOM as a new member.