

# What is occupational health?

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# What is OH?

- Specialist field studying the interaction between work and health;
- Impact of work on health → prevention (primary, secondary and tertiary)
- Impact of health on work → fitness to work, fitness to practise, rehabilitation

# Work on health

- Risk based approach
- Prevention
  - Vaccination
  - Health surveillance
- Identification
- Rehabilitation

# Health on work

- Temporary or chronic health issue
- Fitness to work
  - Illness~ functions~ job requirements
  - Illness # unfit
- Rehabilitation
  - Unemployment is worse for health
  - Common sense

# Disciplines

- Doctor
- Nurse
- Allied; physio, psychologist, OT, ...
- Hygienist
- Technician
- Admin
- ...

# What do we do?

- 'Referral'
  - Routes
  - For: attendance, performance, conduct
- Risk assessment
- Health surveillance
- Treatment
  - Urgent, prophylactic
- Vaccination
- Fitness assessment
  - Pre-employment, during employment
- Health promotion
- Strategic health advice
- Training and education

# OH commissioning and delivery

- Funded by the employer
  - Even for public bodies
- In house ~ outsourced ~ mixed model

# How to become an occupational health physician?



# Types of OHP

- Specialist
  - Consultant
- Non-specialist with qualification
- Certificates
- ...

# Specialist - CCT

- [Eligibility](#)
  - **Any** ST3
  - how to establish
- Interview
- Benchmarking
- Progression
  - ARCP
  - Dissertation, **Research LO**
  - Exams, **banking**

# Specialist – CESR / Portfolio

- Evidence of supervised training
- Evidence of other competencies
- [GMC/ FOM](#)
- Contact Faculty of Occupational Medicine [training@fom.ac.uk](mailto:training@fom.ac.uk)

# Where to train

- NHS
- Non-NHS
- Military
  
- Cons and pros
- All to the same curriculum, same quality

# Role of NSOH

## *Quality assurance of training*

- National interview
- National ARCP
- Accreditation of posts (GMC)
- Accreditation of supervisors (GMC)
- StRs and trainers' support
- StRs in difficulty

# FAQs

- Find training posts
  - <https://specialtytraining.hee.nhs.uk/Recruitment/Recruitment-timelines>
  - [Oriel](#), HEE/ NSOH website, SOM, LinkedIn
- Can do part time (**LTFT** 50% or more)
- Can work whilst training
- Prep for interview, be familiar with the specialty
  - **Read the guidance** carefully for application
  - Meetings
  - Attachment/ observer (contact NSOH / SOM /FOM)

# Non- specialist qualifications

- AFOM
- Advanced diploma
- Diploma

# Certificates

- Ionising radiation
- HAVS
- Diving
- ...



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**Thank You**



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