

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?

Careers in Occupational Health | Health Education England East Midlands

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

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
- ...

Thank You



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