FPH Specialty Registrars' Welcome and Induction Friday 20 September 2024



- Welcome to the Faculty: Prof Kevin Fenton (President) and Meng Khaw (Academic Registrar)
- Specialty Registrars' Committee: Sam Tweed & Clare Oliver-Williams (Co-Chairs, SRC)
- ePortfolio: Gareth Cooke (Education & Training Manager)
- Faculty Special Interest Groups and policy work: Julian Ryder (Deputy CEX) & Georgia Harris (Policy Coordinator)
- Faculty exams: Matt Quinn (Vice Chair, SRC)
- Q&A: Irfan Ghani (Assistant Academic Registrar)

www.fph.org.uk



Welcome to Public Health

Professor Kevin Fenton CBE PrFPH PhD President, Faculty of Public Health









🔘 👌 🏏 🕒 @profkevinfenton

@FPH www.fph.org.uk

25/09/2024

Welcome and thank you!



- Welcome to the public health training programme.
- A light has been shone on public health for the past three years and there is no better time to join the specialty.
- Thank you to our Academic Registrar, Meng Khaw, for inviting me to speak with you today, and for his fantastic work developing the new curriculum, and ensuring the training programme remains attractive and exams remain fair.
- Thank you to all of you here today for the outstanding work you have delivered before starting the training programme. This is an incredibly competitive speciality to join, so congratulations.
- As future public health leaders, the Faculty will do all it can to support and advocate for you as you journey through the training programme.

25/09/2024

2024: Complex times for health



Health challenges

- Life expectancy is stalling across the UK for the first time in a century, and even falling in some areas.
- More people are living with chronic, major health conditions.
 - By 2040, almost 1 in 5 of the adult population in England are projected to be living with major illness.
- Tackling widening health inequalities including the social and structural drivers which exacerbate risks of morbidity and mortality.
 - Those in the least deprived areas of the UK can expect to live 70 years in good health, compared to 50 years for the most deprived.
- The ongoing threat of communicable diseases including MMR as childhood vaccination rates fall.

2024: Complex times for health



Economic challenges

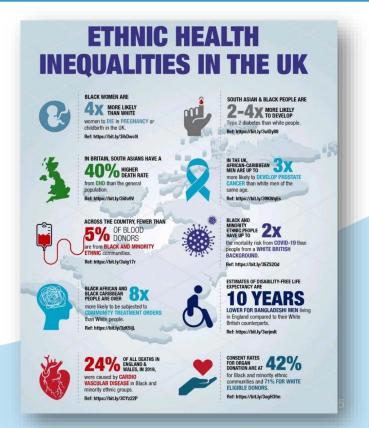
- Cost-of-living crisis impacting vulnerable communities across the UK with families struggling to heat homes, access healthy food, and facing declining mental and physical health.
- **Declining economic productivity** leading to increasing unemployment, wage stagnation, and underinvestment in health and social services.
- Rising rates of child poverty, with 4.2 million children (29% of all UK children) in poverty, up from 3.6 million in 2010-11.
 - 62% of Bangladeshi, 59% of Pakistani and 53% of Black children live below the poverty line.

2024: Complex times for health



Structural and political challenges

- Structural racism continues to impact the health of minority ethnic communities across the UK.
 - Black women in the UK are 4x more likely to die during pregnancy or childbirth.
 - South Asian people have a 40% higher death rate from coronary heart disease.
- Global conflict and the direct and indirect impact on the health of communities across the UK.
- A global 'year of elections' with shifting priorities at home and abroad.



FPH Strategy 2020–25

Better Health for all – Leaving no one behind





1 MEMBERSHIP	We will recognise and promote our members as our greatest resource
2 WORKFORCE	We will ensure that we have a professional public health workforce that is able to meet future opportunities and challenges
3 STANDARDS	We will maintain and further develop high quality standards
4 KNOWLEDGE	We will act as a network of public health expertise, knowledge and evidence
5 ADVOCACY	We will deliver an ambitious and focused advocacy agenda
6 GLOBAL	We will build global public health competency and capacity
7 ORGANISATION	We will focus on financial viability and a strategic approach within the organisation
8 PARTNERSHIP	We will work in partnership with other organisations

Faculty of Public Health

Board Focus Areas



Our People

A resilient, diverse and inclusive UK and global public health workforce fit for the future



- 1. Support the wellbeing of the **public health workforce** who are facing increasingly complex challenges
- 2. Work with partners to ensure improved clarity, equity, and experience for public health practitioners across their **career pathway**

Our Partnerships

Effective system leadership to improve the health of the public across all UK nations



3. We will expand formal and informal **relationships** with allied public health professionals and organisations focussed on improving the public's health and tackling health inequalities

Our Policies

A clear, unequivocal, and effective champion for health and equity in all policies



- 4. Tackling **poverty** and the cost-of-living crisis
- 5. Maximising **NHS prevention** & population health
- 6. Climate change and health
- 7. Tackling **health inequalities** and a public health approach to anti-racism
- 8. Living healthier for longer across the life-course

Our Programmes

Promote evidence-informed public health programmes to improve the public's health



- 9. **What is Public Health?** Ensuring the FPH is the lead voice for defining our profession, the PH system engaging members
- 10. **Future Public Health:** Building upon the COVID-19 pandemic to steer the future of public health practice, training, and workforce.

Our Global Impact

Promoting and enabling members to contribute to improvements in global health



11. Continue to deliver on our role as **global leaders** in training, development and support for the public health workforce and deliver critical policy agendas in partnership with other key global stakeholders

FPH's Vision for the Public's Health



Promote policies and programmes that support people and communities to attain optimal health and wellbeing

- 1. Creating a smoke-free generation
- 2. Reducing alcohol-related harm
- 3. Reducing drug dependence
- 4. Supporting a healthy, sustainable diet and physical activity across the life-course
- 5. Building a healthy workforce
- 6. Tackling health inequalities and their drivers

Tackle poverty to ensure everyone has the chance to live a long and healthy life

- 7. Addressing poverty and the cost-of-living crisis
- 8. Giving children the best start in life
- 9. Addressing the root causes of economic inactivity

Protect the nation from infectious diseases and prepare for health threats and emergencies

- 10. Taking action against climate-related health harm
- 11. Building health protection and pandemic preparedness

Increase investment in public health and prevention

- 12. Investing in the specialist public health workforce
- 13. Enhancing public health through fair funding of local services
- 14. Delivering population-level interventions and policies

Working with you



- Public health training and registrars are at the heart of the Faculty's work
- We ensured the work of public health registrars during COVID-19 was recognised
- We have recently revised the curriculum to bring it up to date
- We have adapted exams over the past three years to allow the training pathway to continue
- We have advocated for additional training numbers in public health
- Many ways to get involved with the Faculty
 - Special Interest Groups working a range of issues (anti-racism, climate and ecological crisis, drug reform, academic public health...)
 - Faculty committees and Board
 - Registrar projects contributing to your training
- Please contact myself or the Education & Training team to find out how to get involved.

25/09/2024



Professor Meng Khaw Academic Registrar

www.fph.org.uk



Specialty Registrars' Committee

Clare Oliver-Williams
Sam Tweed
Co-Chairs, Specialty Registrars' Committee

Congratulations!



Welcome to our community of Specialty Registrars across the UK

Public Health is a unique specialty with unrivalled opportunity to improve and protect people's health. You have achieved a lot and demonstrated enormous potential to be here – well done!

Our training programme enables gaining experience across all elements of public health practice including health promotion, health protection, disease prevention, academic public health and emergency management. We enact change as registrars locally, nationally and globally – you really have the potential to make an impact at scale. There is plenty of hard work to be done but we are a community and a profession that supports each other and works together.

This pack has been written by Registrars for Registrars and aims to:

- Introduce you to the Faculty of Public Health (FPH) and Specialty Registrar Committee (SRC)
- Summarise key elements of the Training Programme
- Complement regional training programme inductions

What is the role of FPH?



FPH oversees the quality of public health training and professional development

FPH does this by:

- Developing public health with a view to maintaining the highest possible **standards** of professional competence and practice, including through setting, monitoring and promoting standards in education and training for public health in the UK.
- Promoting for the public benefit the advancement of knowledge in the field of public health.
- Acting as an authoritative body for the purposes of consultation and advocacy in matters of educational or public interest concerning public health.

For more info read "The UK Faculty of Public Health Strategy 2020-2025"

As registrars we are supported by FPH to achieve our training goals and also play an important role in enabling the FPH to achieve its strategic priorities

Enrolment with FPH



Enrolment and Membership cost:

- All Registrars are required to enrol with FPH and pay the annual training and membership fee within three months of commencing the training scheme.
- For 2024 the Registrar Training and Membership fee is £298 (fee subject to annual review) - can pay by monthly direct debit.
- FPH fees (including exam fees) can be claimed against tax as work expenses by HMRC.

Keep an eye out for your invitation to join as a member from Marijana Curic

Membership includes:

- Access to events and the professional network of Public Health Specialists in the UK and internationally
- Subscription to Journal of Public Health
- A monthly e-bulletin with updates on FPH, wider public health news, and opportunities to get involved.
- Dedicated online members area with access to learning materials
- Access to Special Interest Groups (SIGs); our member led networks focused on particular themes such as transport or global public health.
 - Access to **FPH Room hire**, near Regent's Park, London (eg. for meetings, exam prep groups)
- Membership of **affiliated organisations**: EUPHA, CIEH

Specialty Registrar Committee (SRC)



The SRC is the voice of Public Health Specialty Registrars and a formal part of the FPH structure, meaning we get a direct channel to decision-makers.

Vision

We **represent** and **advocate** for the interests of all public health registrars, working collaboratively with the FPH and partners to promote high quality and equitable specialty training in public health.

Find out who your regional SRC Rep is, and how you can get involved!

Aims:

- 1. To promote **excellence** in training experience and ensure **wellbeing** amongst registrars, ensuring there is **equity** in all aspects of training
- 2. To **improve and expand training opportunities** with the aim of equipping registrars with the skills and experience to meet current and future public health challenges
- 3. To strengthen **partnerships** with other public health registrars globally to advance public health and competency-based public health specialty training

Get Involved!

- Each region nominates two or more registrar representatives
 - SRC reps attend regular meetings, act as SRC rep on other FPH committees, and engage with one or more of the SRC's priority workstreams.

SRC leadership away day





European Network of Public Health Residents





Four Public Health registrars represented the UK at the European Public Health Resident Conference, May 2024

National Registrar Conference













Structure of Specialty Training



PHASE 1			PHASE 2			
ST1	ST2			ST3	ST4	ST5
KNOWS	KNOWS HOW/SHOWS		SHOWS HOW/DOES		DOES	
	ARCP		ARCP		ARCP	ARCP
	DFPH**	MFPH***				

Two years (normally up to 30 months maximum). The **Diplomate (DFPH) and ***Final Membership (MFPH) examinations are obtained in this phase and public health knowledge and core skills are gained. Registrars are also expected to demonstrate development of ability to integrate their use of those skills as progress towards independent practice. In Phase 1 this will be assessed by examination, at each annual appraisal and ARCP.

This phase allows the registrar to take increasing levels of responsibility leading to the final year when registrars are expected to work at consultant level but under supervision. In the final year, supervision will become increasingly 'light touch' as the Educational Supervisor judges that the registrar can be entrusted with work reflecting a high level of responsibility. 'Acting up' into a consultant post is encouraged in the final year of training. In Phase 2 workplace based assessment, annual appraisals and ARCP will continue to assess this progress.

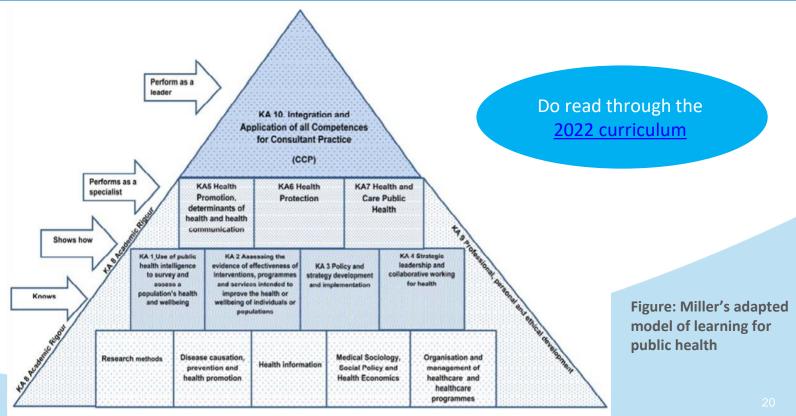
Training is typically 5 years full-time (or 4 years with existing MPH), pro rata for less than full time. CCT date can be negotiated as it is a competency-based programme.

For more info visit: FPH website

The <u>Gold Guide</u> sets out the overarching arrangements for speciality training.

Public Health Curriculum





Placements and Experiences



Mandatory placements	Local authority or health boardHealth protection
Subsequent placements	A wide variety including academic, NHS trusts, commissioning organisations, national public health organisations
National opportunities	Nationally Available Training Placements FPH projects
Global opportunities	Guidance on Global Health Placements
Out of Programme (OOP)	Training (OOPT), Experience (OOPE), Research (OOPR) + more

Talk to your Training Programme
Director early about future placements
and out of programme options

Reflective practice



Registrars use the FPH ePortfolio to evidence and reflect on work and activities completed in line with the required learning outcomes.

Supported by your educational and academic supervisors, SpRs consider:

- What went well
- What was challenging
- How this changes their practice moving forwards
- What new learning needs you have identified

For more information on ePortfolio see here.

Keep an eye out for your invitation to sign up and start using ePortfolio

New e-portfolio coming soon

Support and Progression



Supervision and support during the training programme comes from a number of sources:

- Educational Supervisor oversees progress and provides training and supervision, appraisals and reporting.
- Academic supervisor provides specific input e.g. research opportunities, exam preparation, academic placements.
- Project supervisors provide day to day support.
- Training programme director overall help and guidance.
- Other registrars for peer support e.g. buddy on arrival, local networks.

Get to know your Training Programme
Directors and reach out early if any issues

Annual progression is assessed at ARCP:

- Your progress is evidenced by your ePortfolio and supervisor reports
- Satisfactory completion of training leads to registration with either the General Medical Council (GMC) specialist register or the UK Public Health Register (UKPHR).
- Registration is mandatory to practice as a consultant in public health in the UK.

Connect up with other registrars & opportunities



International

Join <u>FPH Special Interest Groups</u> (SIGs) e.g. Europe, Africa, Sustainable Development and connect with the <u>European Network of Medical Residents in Public Health</u> (Euronet). <u>Email to join</u>

National

Join the Registrar Google Group https://groups.google.com/g/phtraineenetwork; attend conferences e.g. SRC and FPH conferences, UKHSA; join FPH Network SIGs (eg. Smoking and Vaping)

Regional

Get involved with activities via your Training Programme e.g. Whatsapp chats, study days, committees, journal club, learning sets, conferences.

Local

Share articles and ideas with registrar buddies, listen to TiPH podcast, start a public health book club at your placement site

Discuss your study budget with your Training Programme and use wisely!







Next steps



Above all, if you have any questions, do please ask

Sam & Clare (SRC Chairs) can be reached at samuel.tweed@nhs.net/ clare.oliver-williams@nhs.net

FPH is always happy to help and can be contacted via: educ@fph.org.uk

We hope these years are incredibly formative in your public health journey



FPH e-Portfolio

Gareth Cooke
FPH Education and Training Manager

Education & Training Team



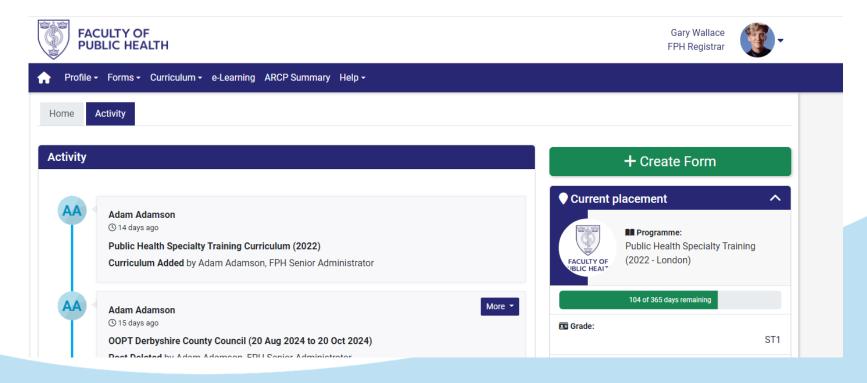
Support for Registrars throughout training . . .

- Enrolments
- CCT
- Exams
- OOP
- ePortfolio

All queries to educ@fph.org.uk

What is the ePortfolio?





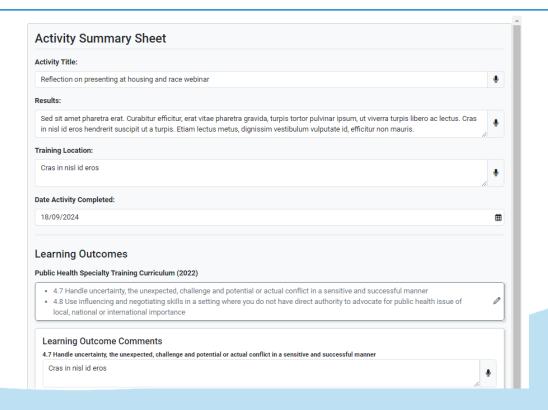
How the ePortfolio works





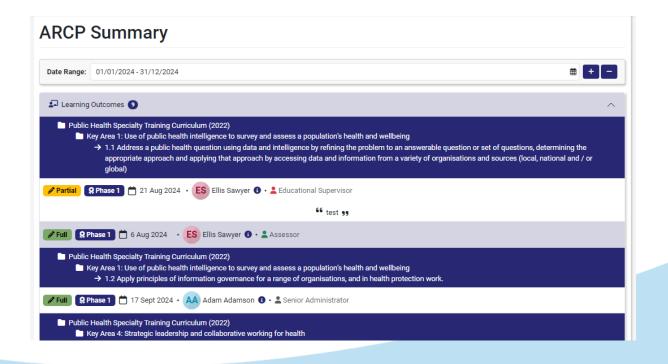
How the ePortfolio works





ARCPs





Confidential Data



- Please note that Faculty staff, FPH Education & Training Officers, Educational Supervisors, TPD and regional Training Programme staff will have access to your accounts and will be able to view all documents within for the purposes of administrating training.
- When uploading evidence to the ePortfolio you should ensure that any sensitive information has been redacted. If you are unsure you should ask your Educational Supervisor.

Future Developments



- FPH approval for Out of Programme Applications
- Recording ARCP outcomes
- Certificate of Completion of Training (CCT) applications

Resources



Education and Training team: educ@fph.org.uk

ePortfolio Champions



FPH Special Interest Groups

Julian Ryder FPH Deputy CEX and Director of Education, Standards & Advocacy

Georgia Harris
FPH Policy Coordinator

www.fph.org.uk

Context



The Faculty of Public Health currently has:

- Over 5,000 members mainly UK but all over the world
- 27 active committees 'lifeblood' of a membership organisation, essential to governance
- 36 SIGs, each reporting to a committee
- 18 staff (16 WTEs) focussed on the 'must do's'

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Special Interest Groups (SIGs)

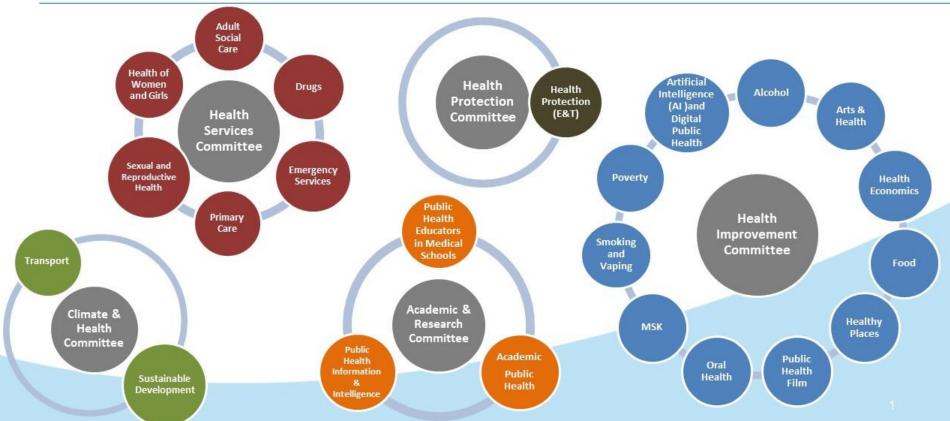


- SIGs are established by FPH members to harness and disseminate the knowledge and skills of the Faculty's 5,000 members.
- 36 SIGs each report to one of our standing or sub-committees.
- SIGs offer members a unified platform to address public health challenges and play a pivotal role in shaping and leading FPH policy initiatives, extending the Faculty's influence across various domains.
- The primary objective of SIGs is to bolster FPH's overarching mission of improving the health and wellbeing of local communities.

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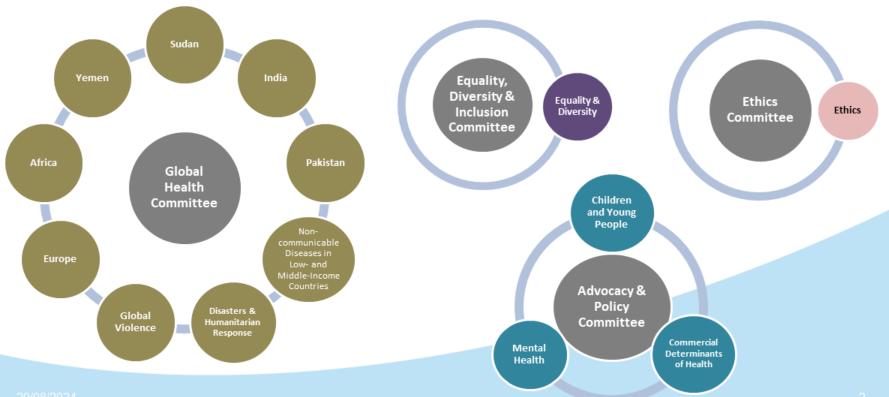
Faculty SIGs and who they report to





Faculty SIGs and who they report to





29/08/2024

What do FPH SIGs do?



- SIGs act as a source of knowledge and expertise for FPH
- Support workforce training and development
- Improve public health policy at a local, national, and global level
- Promote new research and lead the public health response on a range of issues

Faculty support for SIGs



- SIGs are self-administered, with FPH support.
- **Events:** Assistance with logistics, promotion, and feedback for SIG events. SIGs may use FPH video-conferencing facilities and meeting rooms as needed.
- **Promotion of SIG work:** Promotion of SIG activities through various channels including the FPH bulletin, social media, and website.
- Workplans: Provision of guidance, approval, and publicity for SIG workplans.
- Projects: FPH supports SIGs to develop <u>specialty registrar projects</u> to address learning outcomes.
- Guidance: FPH provides relevant guidance and protocols to support SIG operations. This includes identifying relevant consultations, communication, membership management, GDPR compliance, etc.
- Joint working: Facilitation of cross-SIG collaboration and new shared workspace for SIG Chairs.

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Recent policy areas

Changing policy landscape....

- Climate and health
- Drugs
- Food systems
- Health Protection
- Poverty
- Smoking













Tackling Poverty – A Call to Action

Conference 17 May 2024 at the Royal Society of Medicine and online

HEALTH OF THE NEXT GENERATION
Good Food for Children

FACULTY OF PUBLIC HEALTH

Policy Paper

www.fph.org.uk > Policy and Advocacy > Special Interest Groups



FPH Examinations - DFPH & MFPH

Matthew Quinn

ST4, Thames Valley

Speciality Registrar Committee (Vice-Chair)

Where do exams fit into training?



PHASE 1			PHASE 2				
ST1	ST2	ST3		ST4	ST5		
KNOWS	KNOWS HOW/SHOWS	SHOWS HOW/DOES			DOES		
	ARCP	,	ARCP	ARCP	ARCP		
DFPH** MFPH***							

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Diplomate (DFPH) Examination



- "Knows how" exam, detailed syllabus
- Two papers, two days (online)
 - Paper 1: Knowledge
 - Two parts: 1A (2h30) and 1B (1h40)
 - 10 structured questions (10 marks each)
 - Research methods
 - Disease prevention and health promotion
 - Health information
 - Medical sociology, social policy, health economics
 - Organisation and management of healthcare



- Paper 2: Skills
 - 2A (2h30): Critical appraisal & follow-on questions on a PH theme
 - 2B (2h): Practical statistics & data interpretation
 - You are provided with a formulae sheet

DIPLOMATE EXAMINATION

FORMULAE SHEET

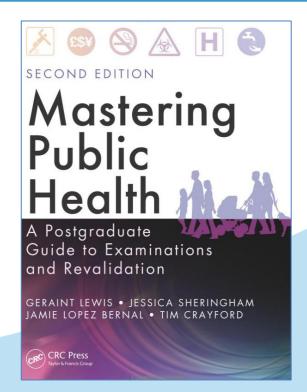
Term	Formula
Attributable Risk	$AR = R_{exposed} - R_{unexposed}$
	where
	AR = Attributable Risk
	$R_{exposed}$ = Risk in exposed group
	$R_{unexposed}$ = Risk in unexposed group
Attributable Risk Fraction Aetiological Fraction	$ARF = \frac{R_{exposed} - R_{unexposed}}{R_{exposed}} = 1 - \frac{R_{unexposed}}{R_{exposed}}$
Etiological Fraction	where
	ARF = Attributable Risk Fraction
	$R_{exposed}$ = Risk in exposed group
	$R_{unexposed}$ = Risk in unexposed group
Vaccine Efficacy	$VE = \frac{R_{unvaccinated} - R_{vaccinated}}{R_{unvaccinated}} = 1 - \frac{R_{vaccinated}}{R_{unvaccinated}}$ where
	VE = Vaccine Efficacy
	R _{unvaccinated} = Risk in unvaccinated group
	$R_{vaccinated}$ = Risk in vaccinated group
	Traccinatea Thomas Stoap
Population Attributable Risk	$PAR = R_{population} - R_{unexposed}$
	where
	PAR = Population Attributable Risk
	$R_{population}$ = Risk in population
	$R_{unexposed}$ = Risk in unexposed



Preparation

- 3-4 months
- No reading list
 - Mastering Public Health
 - https://www.healthknowledge.org.uk
- Past papers (2011 2017)
- Hints and tips from examiners
- Specimen Qs for paper 2B on FPH site

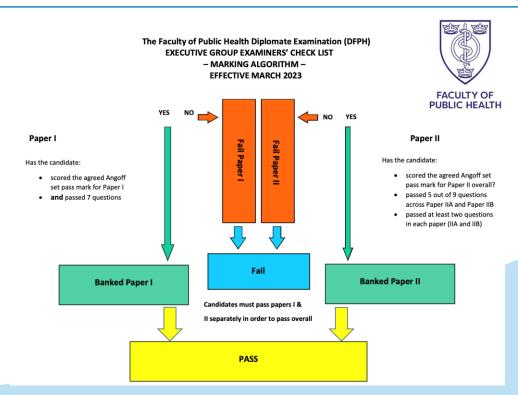
Ask your Training Programme what support for exam preparation is available to you.





Marking algorithm

Can "bank" a paper





- Please remember many candidates take more than one attempt to pass the DFPH
- Reasonable adjustments available
- Lots of additional information in the DFPH section of the FPH website

The Faculty of Public Health Diplomate Examination (DFPH)

Home / Training & Careers / The Diplomate (DFPH) and Final Membership Examination (MFPH) / The Diplomate Examination (DFPH)

The DFPH examination is intended to test candidates' knowledge and understanding of the scientific basis of public health, and their ability to apply their knowledge and skills to the practice of public health. It consists of two written papers (Paper I and Paper II). Both Papers I and II are split into two parts/components A and B (Paper IA, Paper IB, Paper IIA and Paper IIB) and taken over two consecutive days.

Contact exams team: educ@fph.org.uk

The next exam...



PHASE 1			PHASE 2			
ST1	ST2		ST3	ST4	ST5	
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Membership (MFPH) Examination



- "Shows how" assessment
- 6 scenarios, ~2 hours
- Application of knowledge (syllabus), skills and attitudes to the practice of public health
- Sit 6-9 months after DFPH, 2 years from end of training



MFPH Format



- 6 scenarios, cycle:
 - 8 minute preparation station to review briefing material
 - 1 minute transfer time
 - 8 minute examination station
 - 1 minute transfer
- ~ 2 hours, guided through stations by facilitators
- Mix of professional actors and public health professionals as role players
- Face to face





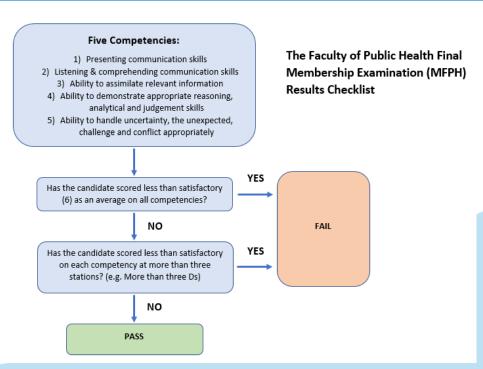




MFPH - Competencies assessed



- Communication skills: presenting (verbal and non-verbal)
- 2. Communication skills: listening, comprehending, responding
- 3. Assimilating & using relevant information
- 4. Reasoning, analytical and judgement skills; giving a balanced view
- 5. Handling of uncertainty, the unexpected, challenge and conflict



How to prepare



- Use your placements to gain relevant experience
- Get started 6-8 weeks prior to exam
- Familiarise yourself with <u>MFPH website</u>
- Practice, practice, practice
 - Set up revision group
 - Public health colleagues including supervisors and consultants
 - Friend and families (especially layperson scenarios)
- Make use of national and local resources (see next slide)
- Do a mock if you can
- Take study leave
- Reasonable adjustments available

MFPH Resources



- MFPH page on <u>FPH website</u> (including FPH scenarios)
- Useful blogs and articles:
 - https://academic.oup.com/jpubhealth/article/38/1/189/2362659
 - https://www.drcath.net/hot-desk1/part-b-exam
 - https://betterhealthforall.org/2019/08/05/top-10-part-b-exam-tips-fromkevin-smith-part-b-examiner/
 - https://betterhealthforall.org/2018/06/06/the-winner-of-the-2018-fph-mcewan-award-shares-her-advice-on-preparing-for-the-part-a-exam/
- Deanery tutorials, mocks and <u>peer-produced resources</u>
- National WhatsApp revision group
- Contact exams team: educ@fph.org.uk

Ask your Training
Programme what support
for exam preparation is
available to you.



Your questions

Irfan Ghani
FPH Assistant Academic Registrar
Training Programme Director, West Midlands