

LOGISTICS OF THE OSPHE

The Candidate Experience

- Exam held at GMC centre
- Purpose built, easy to locate
- Given a badge on entry, wear all day
- Must arrive on time

- Quite long waits from entry until exam starts
- Can get tedious as just want to get started
- Initial waiting area is large, open planned, airy
- Free to chat, drinks/toilets available
- Quite good atmosphere

- Registration in separate room (remember ID)
- Place belongings in locker
- Through to third waiting area
- Instructions on chairs, fairly extensive
- Kept in here until morning candidates leave

- Lunch (need to pre-order), takes up time
- Briefing for candidates – informative
- Again, surprisingly relaxed atmosphere in room
- BUT glad when it was time to start
- GMC staff on hand, seemed experienced
- Faculty staff calm and friendly

- Go to the toilet just before starting!
- Given a pack with all 6 stations details as you enter the circuit
- Carry throughout the exam, can make notes
- No real time to look ahead to see what is coming
- Stay calm, no need to panic

- Told which station you start at (always a preparation station)
- Six candidates start before the other six
- Staff on hand to guide, clearly marked
- Clear timing, system of TV monitors & tannoy
- Warnings at start, one minute remaining and at end
- Worked well, easy to follow

- No time to dwell on previous station
- Try to move on to next station and forget
- Water available in preparation rooms
- Not always enough cups
- Takes time to find cup, open water and pour
- Don't drink too much

- Time went very quickly
- Not particularly stressful as no time to reflect
- Have to return pack before exiting circuit
- Six candidates finish earlier than other six
- Fill in evaluation sheet whilst fresh

- Clear your locker
- Don't listen too much to other candidates!
- Relax afterwards, don't reflect excessively
- Results do come out quickly so not long to wait

The Exam

Scenarios, Briefings, Tasks

Exam Circuit

- 6 P and 6 E rooms
- 1 min outside P room
- 8 min preparation – 1 min warning
- 1 min outside E room
- 8 min exam – 1 min warning
- Cycle continues till you finish 6 E stations

Preparation Stations

- Desk
- Preparation pack / briefing
- Pens/Pencils/ Paper / Marker pens/Flip chart
- Clock
- Water / cups

Preparation pack

- Briefing material – 1 to 5 pages long
- Can make notes on it
- Refer to it in your exam discussion
- Tasks – reasonably clear
- Use of flip chart
- Timing – 8 min pass quickly
- No health protection scenario!

Exam stations

- Examiners
 - Check ID
 - Introduce scenario/actor
 - Assist you to put up flip chart
 - No further participation
 - Friendly, professional, formal

Exam stations

- Actors
 - Professional actors / PH consultants
 - Generally friendly, appropriate behaviour
 - Wait for you to start the conversation
 - Sometimes difficult to get the point across
 - Could be different for am/pm sessions

Task 1 – Hospital CEO

- You lead a health promotion project
- Poor participation from hospital
- Explain importance to hospital and the population in general
- Ask for active support from hospital
- Briefing – good
- Use flip chart?
- Actor – very appropriate for CEO

Task 2 - PH manager

- Community hospital closure
- How to evaluate outcomes before/after closure
- Briefing – one page email only
- Actor – appropriate PH understanding, supportive

Task 3 - Comms person

- Outline a press release
- Important PH issue
- Briefing – about 2 pages, relevant
- Actor – alright

Task 4 – LA manager

- Gain their support to do HEA – for important PH issue
- Briefing – okay, more general info than specific for conducting this HEA
- Actor – difficult to get the points across

Task 5 - Health Authority CEO

- New investment - important disease area
- Advise CEO
- Differing priorities - clinicians / PH
- Briefing – a bit long, a bit confusing
- Use flip chart?
- Actor – appropriate for CEO

Task 6 – Patients' Mum

- Her child undergoing operation
- Explain side effects / complications
- Informed consent – NICE study
- Briefing – a bit long but appropriate
- Actor – alright
- Scenario – too clinical!!

Top Tips 1

- Get involved in the role
- Read quickly – pick out key points
- Focus exactly on the task
- Use a framework and structure your presentation
- Language appropriate to the audience
- Be polite, empathise, keep calm
- Check understanding

Top Tips 2

- Use all the props appropriately
 - Maps, Tables, Flip charts
- Few key points to get across
- Address all 5 competencies
- Relax and organise your framework / thoughts during the 1 min gap
- Switch off totally once outside the E room and on again in the new P room

How to prepare

Practice.....

- Speed reading and assimilation of key points
 - NHS / DH documents
 - NICE guidance
 - Your or colleague's project work
 - OSPHE examples on the website!
- In 8 min – timing is important

Practice.....

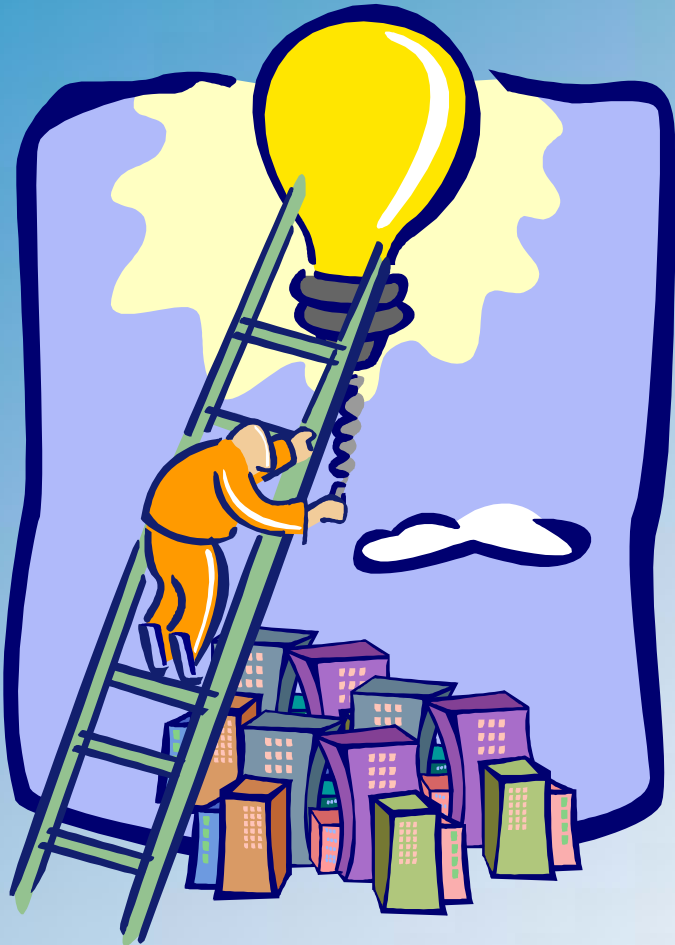
- Presenting to different audiences
 - CEO
 - PH professionals / managers
 - Public
 - Media
- Appropriate tone, language
- Get across important messages
- In 8 min – timing is important

- Practice with work colleagues, trainers
- Go for full mock exam – if possible
- Prepare your generic framework
- Try to embrace and enjoy the role
- Cover all the 5 competencies in your presentation
- Ask the ‘examiner’ to specifically comment and feedback on all 5 competencies

Preparation for the OSPHE in your Training Programme

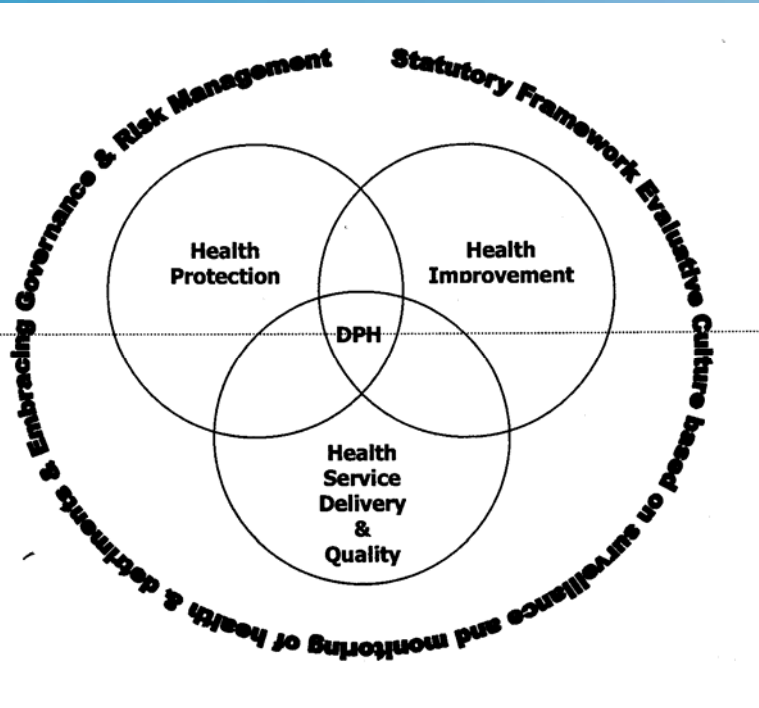
Anne Scoular

Preparation: an overview



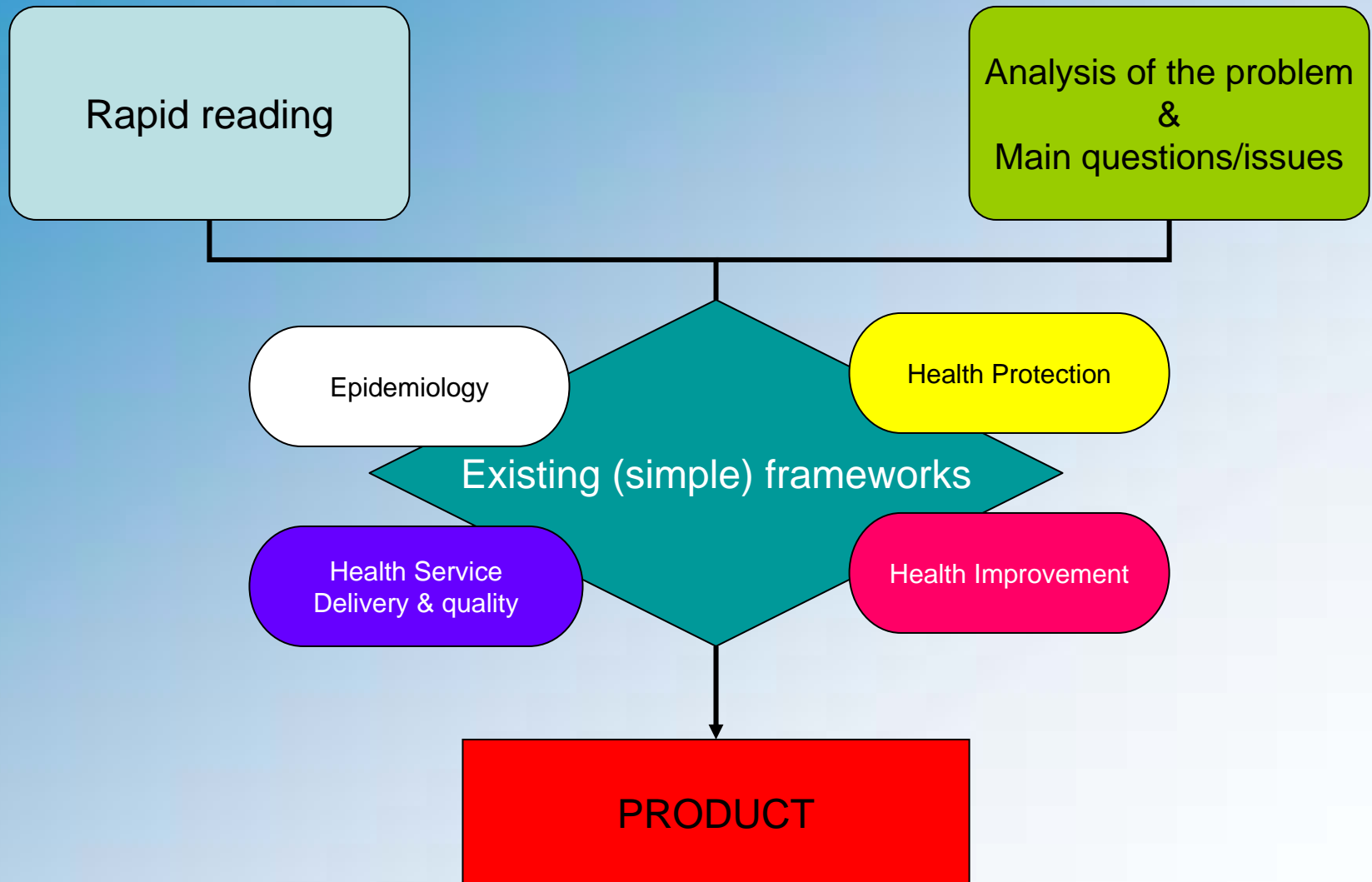
- Understand what is being assessed
- Personal preparation
- Using workplace opportunities

Understand what is being assessed



- Three domains of Public Health practice
- Application of theory to practice
- 5 specific competencies
 - Communication skills: presenting
 - Communication skills: listening, comprehending, responding
 - Assimilating & using relevant information
 - Reasoning, analytical and judgement skills; giving a balanced view
 - Handling of uncertainty, the unexpected, challenge and conflict

Personal preparation

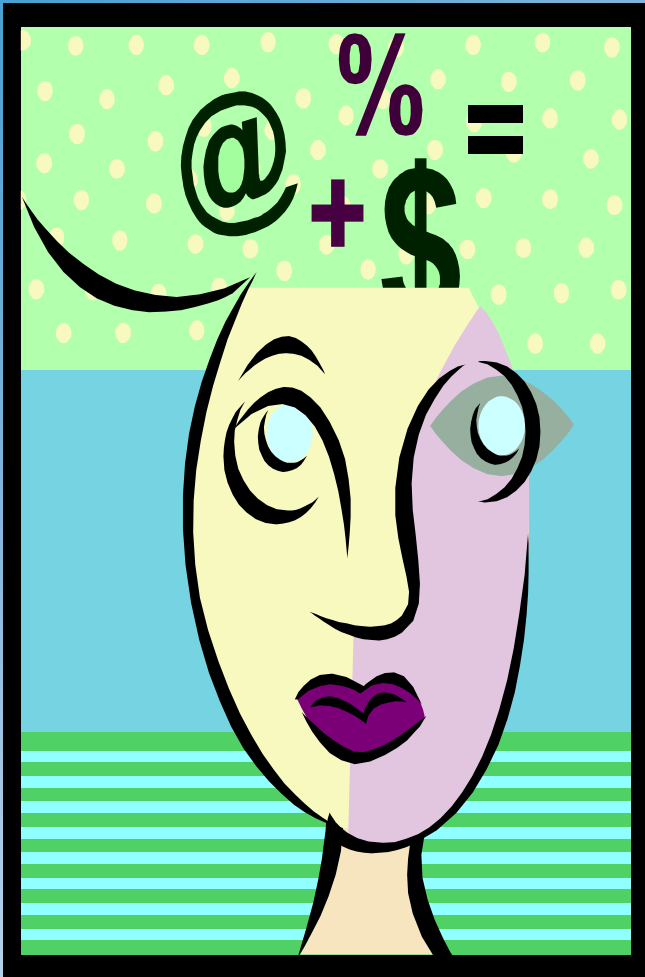


Personal preparation



- Rapid reading
 - Journal editorials
 - Policy documents
 - Summary papers
- Distillation of key facts
- Application to a context (any !)
- Communication skills
 - Methods
 - Content
 - Audience
 - Pace
 - Get feedback
 - Consider video-recording

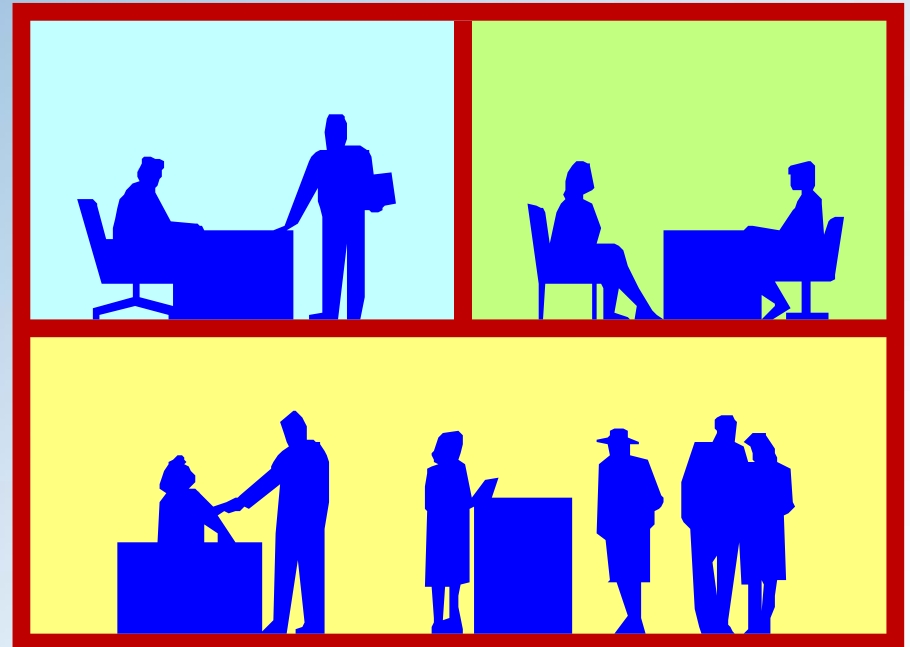
And even more personal....



- Reflect on your communication
- Know your strengths & weaknesses
- Be aware of non-verbal signals
- Use all opportunities to practice
- Expect OSPHE to be stressful...!
 - plan appropriately
 - personal strategies

Using workplace opportunities

- Presentations to groups
 - Formal
 - Informal
- 1:1 communication
 - methods
 - content
 - non-verbal communication
 - ask for feedback
 - reflect
 - Develop
- Media training
- Risk communication



Using workplace opportunities



- Group learning
 - Use Part A Qs
 - Apply to real context
 - Role play
 - Experienced colleagues
- Video recordings
- Mock OSPHE

Top tips

- Understand the assessment process
- Develop your own frameworks
- Capitalise on everyday opportunities:
 - Analyse
 - Reflect
 - Practice
- On the day:
 - Keep it simple
 - Go with the flow
 - Aim for clarity
 - Don't talk too much
 - Remember what is being assessed

