NHS GGC Health Improvement Training Calendar 2017/2018

ALL TRAINING LISTED IS FREE – PLACES MUST BE RESERVED

Details of each course content available from Appendix 1

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Venue</th>
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<th>To Book a Place</th>
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<td>05 April 2017</td>
<td>Heart of Scotstoun</td>
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<td>The Park Centre, Kirkintilloch</td>
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<td>QEUH</td>
<td>E&amp;H Team</td>
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<td>Based Stress Reduction 8 week course</td>
<td>26th July 2017</td>
<td>Teaching &amp; Learning Centre</td>
<td><a href="mailto:healthyworkinglives@ggc.scot.nhs.uk">healthyworkinglives@ggc.scot.nhs.uk</a></td>
<td>For an application form or call 0141 201 4860</td>
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<td>5:15pm – 7:30pm</td>
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<td>IH:DEP Development Day for Potential Trainers</td>
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<td>Improving Health: Developing Effective Practice (IH:DEP) – Cohort 4</td>
<td>23 Aug 17 20 Sept 17 25 Oct 17</td>
<td>Heart of Scotstoun</td>
<td>HI Team</td>
<td>Email: <a href="mailto:HIADMIN@ggc.scot.nhs.uk">HIADMIN@ggc.scot.nhs.uk</a></td>
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<td>September 2017</td>
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<td>West College Scotland, Renfrewshire</td>
<td>HI Team</td>
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<td>Stobhill Hospital, Springburn</td>
<td>HI Team</td>
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<td>Managing Staff with Long Term Conditions (inc cancer)</td>
<td>25th October 2017</td>
<td>David Lloyd Leisure Centre, Anniesland</td>
<td>E&amp;H team (VR)</td>
<td>Email: <a href="mailto:healthyworkinglives@ggc.scot.nhs.uk">healthyworkinglives@ggc.scot.nhs.uk</a></td>
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<td>Improving Health: Developing Effective Practice (IH:DEP) – Cohort 5</td>
<td>22 Nov 17 10 Jan 18 14 Feb 18</td>
<td>Heart of Scotstoun</td>
<td>HI Team</td>
<td>Email: <a href="mailto:HIADMIN@ggc.scot.nhs.uk">HIADMIN@ggc.scot.nhs.uk</a></td>
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<td>21st March 2018</td>
<td>David Lloyd Leisure Centre, Anniesland</td>
<td>E&amp;H team (VR)</td>
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<td>Adhoc Training</td>
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<td>Email: <a href="mailto:HIADMIN@ggc.scot.nhs.uk">HIADMIN@ggc.scot.nhs.uk</a></td>
<td>Call: 0141 201 4876</td>
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<td></td>
<td>As requested</td>
<td>HI Team</td>
<td>Email: <a href="mailto:Elaina.Smith@ggc.scot.nhs.uk">Elaina.Smith@ggc.scot.nhs.uk</a></td>
<td>Call: 0141 201 4876</td>
<td>NHS/Community/Third Sector Staff working with service users where caring is involved</td>
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<td>Maudsley - Specialist Smoking Cessation</td>
<td>As requested</td>
<td>HI Team</td>
<td>Email: <a href="mailto:Susan.Montgomery2@ggc.scot.nhs.uk">Susan.Montgomery2@ggc.scot.nhs.uk</a></td>
<td>Staff nominated by Health Improvement who will be delivering specialist stop smoking support</td>
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<td>REHIS Food and Health</td>
<td>As requested</td>
<td>NHSGGC Dieticians</td>
<td>Email: <a href="mailto:HIADMIN@ggc.scot.nhs.uk">HIADMIN@ggc.scot.nhs.uk</a></td>
<td>Free to NHS staff, £15 non NHS staff</td>
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<td><strong>Elearning -</strong></td>
<td>To be completed after attending NHS GGC 1 hr or 4 hr HBC training</td>
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<td>Can also be delivered face to face on request:</td>
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<td>Second-hand Smoke</td>
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<td>Alcohol Brief Interventions for Acute Hospital Staff</td>
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**Health inequalities –**

NHS Health Scotland | [https://elearning.healthscotland.com](https://elearning.healthscotland.com) | NHS/Community/Third Sector staff |
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Appendix 1: Available course content for sessions listed above.

Face to face training

Heath Matters Conversations about Change - FREE 4 Hour Training Workshop

Lifestyle choices like what we eat, how active we are, the amount of alcohol we drink, if we smoke and life circumstances e.g. finances etc have a significant impact on the health of individuals and communities. Many of us in our day to day work have the opportunity to talk with our client group about lifestyle choices and how they impact on health and wellbeing. NHS Greater Glasgow and Clyde have developed a range of health behaviour change training to support person centred methods of talking about and supporting health behaviour change.

This FREE four hour training session aims to help participants:
- Identify factors which influence decisions to change and consider health inequalities
- Introduce communication skills including open questioning, reflecting, giving feedback and summarising
- Describe the range of services that can provide support to individuals to enable lifestyle change
- Identify opportunities in your own practice to incorporate conversations about change

Who is the training for? This training is suitable for those with little or no training in health behaviour change and who have an opportunity to talk with their client group about lifestyle. (NHS Staff - this course may contribute to the achievement of KSF Dimensions HWB 2 & 4).

If you have any questions, please contact the organiser: HIADMIN@ggc.scot.nhs.uk
Heath Matters Conversations about Change - FREE 1 Hour Training Workshop

Lifestyle choices like what we eat, how active we are, the amount of alcohol we drink, if we smoke and life circumstances e.g. finances etc have a significant impact on the health of individuals and communities. Many of us in our day to day work have the opportunity to talk with our client group about lifestyle choices and how they impact on health and wellbeing. NHS Greater Glasgow and Clyde have developed a range of health behaviour change training to support person centred methods of talking about and supporting health behaviour change.

This FREE one hour training session aims to help participants:
• Gain a basic understanding of how to raise the issue of health behaviour change using a new staff resource as a guide
• Explore opportunities to raise health behaviour change within their current role.
• Have opportunity to explore difficulties and barriers around raising the issue of health behaviour change
• Know how to direct clients to specialist support services that can provide ongoing support to individuals

Who is the training for? This training is suitable for those with little or no training in health behaviour change and who have an opportunity to talk to their client group about lifestyle.

If you have any questions, please contact the organiser: HIADMIN@ggc.scot.nhs.uk
Young People and Tobacco

Aim: This one day training course is designed to equip attendees with the skills and increased confidence to raise the issue of smoking with young people. At the end of the course, attendees will be able to demonstrate increased knowledge of tobacco, cannabis, addiction, health effects of smoking and influences on young people.

The course will cover the following:
- Information on tobacco prevalence
- Addiction
- Influences on young people
- Health effects
- Withdrawal
- E-Cigarettes
- Cannabis
- Techniques for discussion / support for young people
- Your role

If you have any questions, please contact the organiser: Susan.Montgomery2@ggc.scot.nhs.uk
Mindfulness 8 week course for NHSGGC Staff

Mindfulness is a healthy sustainable way to manage stress. Research suggests that Mindfulness can have a powerful and positive effect on health and well-being across a wide range of physical and mental health conditions.

Paying attention can help us become aware of our stress responses and tapping into our inner resources to take better care of ourselves in terms of:

- managing anxiety
- sharpening focus
- increasing productivity
- improving sleep
- relieving pain
- feeling a deeper sense of calm

Our staff can reduce their own stress by practicing Mindfulness techniques, and this in turn has beneficial effects on patient care. 8 week courses are being provided free of charge as part of NHSGGC Staff Health Strategy.

To apply for a place, please send request an application form from healthyworkinglives@ggc.scot.nhs.uk

Desire Code 2 Day Session

Course Overview: Desire Code is a design methodology and framework that has been developed from the latest research and understanding into human psychology, decision-making and behaviour change. It is a set of principles that can be applied to make services, products, communications and engagement more impactful and more desirable.

If you have any questions, please contact the organiser: HIADMIN@ggc.scot.nhs.uk
**Improving Health: Developing Effective Practice - Blended Learning**

Aim: Improving Health Developing Effective Practice (IH:DEP) is a blended learning course to enable participants to increase their confidence in improving health and tackling health inequalities by providing a framework which will guide and encourage the development of effective and reflective practice.

Learning Outcomes:
- An overview of current models of health
- An analysis of health improvement and health inequalities
- The wider, socio-political influences on population health outcomes
- What works to reduce health inequalities
- Delivering effective, continuously-improved services to individuals and communities
- Making use of personal reflection to apply learning in the workplace

If you have any questions, please contact the organiser: Sarah.duncan@ggc.scot.nhs.uk

**Caring Together: Supporting you, supporting carers**

Aim: To explore with staff the opportunities, barriers and solutions to implementation of NHSGGC Carers Pathway and embedding of Equal Partners in Care Core Principles.

Learning Outcomes:
- Understand the definition of carer and barriers to identification, opportunities and solutions
- Understand the Equal Partners in Care Core Principles and how to work utilising an EPIC approach (including evidencing)
- Know what support services available to carers and how to access
- Understand your role in the NHSGGC Carers Pathway

If you have any questions, please contact the organiser: elaina.smith@ggc.scot.nhs.uk
Maudsley - Specialist Smoking Cessation

Aim: To provide participants with a more complex level of knowledge and skills necessary to deliver specialist stop-smoking support, either in groups or on an individual basis.

Staff nominated by Health Improvement who will be delivering specialist stop smoking support.

Registration for this course is via nomination only from the HI lead for smoking cessation within area. Those attending this course are required to take part in a shadowing and mentoring programme post training. Participants are also required to attend up to two smoking cessation updates per year.

If you have any questions, please contact the organiser: Susan.Montgomery2@ggc.scot.nhs.uk

REHIS Food and Health

Aim: To improvement understanding and of food and health

Learning outcomes
- An Introduction to Food and Health
- The Function of Food
- Energy Measures and Influences on Food Intake Eating for Health
- Food and Well Being
- Putting It All Together – Action Planning

If you have any questions, please contact the organiser: HIADMIN@ggc.scot.nhs.uk
Management of Musculoskeletal Disorders (MSD) in the Workplace

A FREE seminar which aim to inform employers, managers and those responsible for Occupational Health and Health & Safety.

This seminar aims to clarify the following:

- Nature and incidence of MSD in the workplace (including back pain and upper limb disorders)
- Legal requirements and best practice with regard to preventative policy and process
- Advice on ergonomic solutions and moving and handling
- Best practice with regard to managing staff with MSD
- Processes and procedures which facilitate best practice
- Case study discussion to consider practical implementation
- Support services available to employers and employees

Managing Long Term Health Conditions (including cancer)

A FREE seminar aimed at those responsible for managing sickness absence - employers, managers, Human Resources, Occupational Health.

Find out:

- Scope of Long Term Conditions and their impact in the workplace
- Legal responsibilities – what does the law say?
- Implementation of reasonable adjustments and return to work plans
- Best practice regarding policy and process
Elearning

Tobacco

Aim: To provide learners with knowledge and information about tobacco and smoking including the effects of smoking, why people smoke, benefits of stopping, how to stop and support services.

Learning Outcomes

- Describe what tobacco is.
- Explain the health risks of smoking and the benefits of quitting.
- Describe the reasons why stopping smoking can be difficult, barriers to stopping and how people feel when they stop.
- Understand how the 'BRITS' model can be applied to stop smoking brief interventions.
- Describe evidence based stop smoking treatments and services.

Second-hand Smoke

Aim: To equip learners with information about secondhand smoke (SHS) that will assist them when raising the issue of SHS with their clients.

Learning Outcomes:

- Define secondhand smoke.
- Understand the short and long term effects of secondhand smoke on health.
- Describe the issues concerning children's exposure to secondhand smoke particularly in the home and car.
- Describe best practice in terms of smokefree homes and cars.
- Understand how the 'BRITS' model can be applied to secondhand smoke interventions.
- Outline available literature and how to access this.
Alcohol Brief Interventions for Acute Hospital Staff

Aim: This module is intended to familiarise you with the principles and practice of conducting an Alcohol Brief Intervention (referred to hereafter as an ABI) as part of your role within the Acute General Hospital environment within Greater Glasgow & Clyde (GGC).

Learning Outcomes:

- Describe what an ABI is
- Recognise the process of conducting an ABI
- Incorporate an ABI into your patient assessment process
- Utilise recognised tools for assisting with ABI delivery
- Identify support services which may be appropriate to your patient (in relation to their alcohol use)

Physical Activity

Aim: To equip learners with information about physical activity that will assist them when raising this issue with their clients.

Learning Outcomes:

By the end of this course learners should be able to:

- Develop an understanding of 'health enhancing physical activity' by identifying levels, need, motivation, barriers and potential for improving health and preventing ill-health.
- Critically reflect on your own role and impact in relation to promoting physical activity (PA) strategies for overcoming barriers.
- Developed the motivation and confidence to competently raise and briefly discuss the issue of physical activity
- Developed the knowledge and understanding of existing services and provision to support target populations
- Been enabled to apply knowledge and learning to support individuals in identifying their needs, support required and choosing a suitable approach.
Weight Management Awareness

**Aim:** To provide learners with knowledge and information about nutrition and weight management for those adults overweight or obese. Including the effects of overweight and obesity on health, benefits of achieving or maintaining a healthy weight, why people are overweight or obese, how to make changes to become a healthy weight and the support services available.

**Learning Outcomes**

- Know the various BMI categories.
- Explain the health risks associated with being overweight or obese.
- Have an understanding of how people become overweight or obese, barriers to losing weight and benefits of losing weight.
- Describe how The eatwell plate can be implemented to assist people to eat healthy.
- Signpost clients to relevant available services.

Caring Together: Carer Awareness

**Aim:** To provide staff with an overview on identification of carers and support available. Introduction to Equal Partners in Care Core Principles of working with carers as partners.

**Learning outcomes:**

- Understand the definition of carer and barriers to identification
- Know what support services available to carers and how to access
- Understand your role in the NHSGGC Carers Pathway
- Introduction to Equal Partners in Care Core Principles and benefits of working using EPiC approach
Unintentional Injury

The aim of this module is to explore unintentional injuries, their causes and effects and the reason why it is important to prevent these injuries.

On completion of this e-learning module you will have:

- Explored your own knowledge and the course content of unintentional injury related to childhood developmental stages.
- Considered barriers to the prevention of unintentional injury and how to overcome barriers.
- Reviewed the evidence of need and statistics for NHSGGC.
- Considered the causes and effects of the major unintentional injuries in children: burns and scalds (including hot liquids & hair straightener burns), falls, poisoning (including carbon monoxide poisoning), domestic house fires, suffocation, choking and strangulation, drowning, sudden infant death, carrying children safely in cars and road safety, and unintentional injury in relation to childhood developmental stages. This module also considers Sudden Infant Death Syndrome; however, it must be acknowledged that in some cases it may be classed as injury whilst in others it may be a pathophysiological mechanism.
- Refreshed knowledge of raising the issue, readiness to change, barriers to change and effective communication

Mental wellbeing

Aim: This online module provides a broad overview of the area of mental health improvement from promoting positive mental health to recovery from mental health problems.

MindSET online training [www.northlanmindset.org.uk](http://www.northlanmindset.org.uk)

For people who have no previous training in mental health.
**Employability**

Aim: This module will raise awareness of the link between health and employability and how to incorporate this into practice.

Learning outcomes:

- understand what employability is and why it matters to health and wellbeing
- have awareness of the employability pathway model
- be able to identify potential barriers to employability/return to work
- be able to raise the issue of employability status with individuals/clients and signpost to appropriate services

**Poverty & Financial Inclusion**

Aim: To give staff confidence to raise the issue of money

Learning outcomes:

- Raise your awareness of the definitions of poverty and its impact on your patients.
- Explore NHSGGC’s response to poverty and the links to the financial inclusion programme including the impact of living with a long term condition eg cancer.
- Work through some of the myths and facts surrounding life circumstances and financial issues.
- Outline the benefits of your patients receiving the appropriate financial help and information.
- Show what you can do as a practitioner as part of the NHSGGC Financial Inclusion Programme
Health inequalities – Awareness

Aim: This module is suitable for anyone who plans or delivers services to the public

Learning Outcomes:

- Define health inequalities and their main causes
- Recognise interventions which are effective in reducing health inequalities
- Reflect on how your own role can contribute to reducing health inequalities
- Identify the next steps to develop your health inequalities knowledge or practice further

Tackling Health Inequalities within Health & Social Care

Aim: This module is suitable for staff from all sectors of the health & social care workforce who have or have potential to impact on health inequalities (this can include health, local authority, independent and voluntary sector and volunteers.)

Learning Outcomes:

- Define health inequalities and its main causes within health and social care
- Interpret the evidence on what works and does not work to reduce health inequalities
- Evaluate the different ways health and social care staff can take action to reduce health inequalities
- Reflect how your own specific role can contribute to reducing health inequalities within health and social care
Child Poverty, Health and Wellbeing

This module aims to raise your awareness of child poverty in Scotland and how poverty can impact on children and young people’s health and wellbeing. The module will look at causes of child poverty, how it is measured and you will spend time considering your role in tackling child poverty.

This module will provide learning support on child poverty for health visitors and midwives – through both undergraduate programmes in higher education institutions and continuing professional development in Scotland – and support them to consider their role in helping to assist children and their families who are living in poverty and affected by austerity.

In addition, this resource will be particularly relevant to individuals working across health, social care, education, the public sector and people who are in contact with children at work.

Learning outcomes

- Describe what child poverty is and what causes it
- Outline how child poverty is defined and measured in Scotland
- Explain how poverty impacts children and young people’s health and wellbeing
- Reflect on your role in reducing the impact of child poverty
**Further Information:**

**UKPHR**

The UK Public Health Register provides external verification of the competencies required to practice public health at practitioner, advanced practitioner and specialist level for the public health workforce.

Full details of the Register can be found at the link below:


NHSGGC is piloting the practitioner scheme in collaboration with the West of Scotland Board’s. NHSGGC supports practitioners, provides assessors and verifiers for the pilot scheme.

If you would like to learn more please contact the scheme co-ordinator, Heather Sloan [Heather.Sloan@ggc.scot.nhs.uk](mailto:Heather.Sloan@ggc.scot.nhs.uk)