Online and virtual learning opportunities for public health staff

Due to the pandemic restrictions there is currently no access to face to face training, therefore there is a need for identification of online and virtual learning opportunities for both existing and new public health staff.

In addition, many staff across the public health directorate have been reassigned to other roles over the past year, as staff return there may seek learning and development opportunities to settle back into their substantive post, reflect on their learning from reassignment and support continued professional development.

There may also be courses within this document that would be of interest to the wider public health workforce and partners.

This document is not intended as an endorsement of courses but as a quick reference guide of online and virtual learning opportunities primarily for the public health directorate workforce. The list of learning opportunities within this document are not exhaustive.

The training and development opportunities detailed directly support many of the priority themes set out in turning the tide through prevention, NHS Greater Glasgow and Clyde public health strategy 2018-2028 and NHSGG GC remobilisation plans.

This is an interactive document separated into three sections, you can navigate to each section by clicking on the links below:

1. Public health priorities
2. Public health competencies
3. Staff wellbeing resources

Please email HIAdmin@ggc.scot.nhs.uk if you know of further courses that could be added to this resource.
1. Public health priorities

1.1 Covid-19
- Covid-19 elearning
- Virtual communication

1.2 Poverty & Inequality
- Financial inclusion
- Inequalities
- Health literacy

1.3 People, place and community
- Care planning
- Carers
- Workplace health

1.4 Early years
- Child poverty, health and wellbeing
- Youth health improvement

1.5 Mental Health and Wellbeing
- Mental health improvement

1.6 Harmful substances and sexual health
- Communication skills
- Tobacco
- Alcohol
- Drugs
- Sexual health

1.7 Diet and Physical Activity
- Physical Activity
- Infant Nutrition
1.1 Covid-19

Covid-19 learning resources

✓ Course title and link: Covid-19 learning resources
✓ Organisation: NHS Education Scotland
✓ Item description: Coronavirus (COVID-19) learning materials for staff working in health and social care.

Virtual communication

Microsoft Teams

✓ Course title and link: Microsoft Teams training
✓ Organisation: Microsoft
✓ Item description: These resources include a quick start guide and Introduction to Microsoft Teams including setting up live events.

Creating and running meetings and virtual events

✓ Course title and link: A guide to creating and running virtual meetings and events
✓ Organisation: National co-ordination Centre for Public engagement
✓ Item description: This guide focuses on how to design and deliver online events

Digital training development and delivery

✓ Course title and link: Digital Learning
✓ Organisation: NHS Greater Glasgow and Clyde
✓ Item description: A guide to identifying and developing digital educational methods that complement or replace classroom-based training.

✓ Course title and link: Using virtual environments
✓ Organisation: NHS Greater Glasgow and Clyde
✓ Item description: Using a virtual environment for education and training and facilitating virtual events.

✓ Course title and link: Online Facilitation
✓ Organisation: NHS Education Scotland
✓ Item description: Facilitation using MS Teams, designing and Presenting Online Learning, transferring face to face training online
1.2 Poverty & Inequality

Poverty

✓ **Course title and link:** Challenging Poverty Stigma Hub  
✓ **Organisation:** Public Health Scotland  
✓ **Item description:** This learning hub is aimed at those who work in frontline public services. It creates an opportunity to develop understanding of poverty stigma and discrimination, including child poverty, health and wellbeing.

✓ **Course title and link:** Poverty Alliance Webinar series: Building Back Better  
✓ **Organisation:** Poverty Alliance  
✓ **Item description:** A series of webinars:  
- Webinar 2: Returning to Work: Addressing Unemployment after Covid-19  
- Webinar 5: How can a Green recovery help address poverty?

Inequalities

✓ **Course title and link:** Health Inequalities and Human Rights Hub  
✓ **Organisation:** Public Health Scotland  
✓ **Item description:** This learning hub is aimed at those who work in frontline public services. It creates an opportunity to develop understanding of health inequalities.  
- Health inequalities: awareness  
- Making communication even better  
- British sign language and tactile British sign language  
- Tackling health inequalities within health & social care  
- The link between health literacy and health inequalities

✓ **Course title and link:** Leadership for health inequalities hub  
✓ **Organisation:** Public Health Scotland  
✓ **Item description:** This learning hub provides a high-level overview of what causes health inequalities and covers the key parts of a leader’s role. The resource is primarily aimed at NHS non-executive board members to support the development of leadership skills to address health inequalities.
✓ **Course title and link:** Health Literacy [Note: you will need to create an account/log in to view this course].

✓ **Organisation:** NHS Education Scotland

✓ **Item description:** Learners will find out why health literacy is important and how to use some simple techniques including teach back, chunk and check, using pictures and simple language to improve how they communicate and check understanding with others.

### 1.3 People, place and Community

#### People

**Equality and diversity**

✓ **Course title and link:** Equality and diversity elearning modules

✓ **Organisation:** NHS Greater Glasgow and Clyde

✓ **Item description:** Equality and diversity emodules focusing on the below areas are available via the above link:

- Accessible information
- Addictions
- Age
- Disability
- Ethnicity
- Gender based violence
- Inequality sensitive practice
- Literacy
- Marginalised groups

- Sex and gender
- Sexual orientation
- Social class
- Transgender
- Visual impairment
- Working with interpreters
- Deaf awareness
- Welfare reform

#### Anticipatory care planning

✓ **Course title and link:** Anticipatory Care Planning

✓ **Organisation:** NHS Greater Glasgow and Clyde

✓ **Item description:** The aim of this module is to provide staff with a general understanding of the Anticipatory Care Planning process.
Shared decision making

✓ Course title and link: Realistic conversations: Shared decision making in Practice
✓ Organisation: NHS Education Scotland
✓ Item description: The aim of this module is to raise awareness of the shared decision-making process with those who access care, explaining the key principles and terminology which will be recognised and embedded within NHS Scotland culture.

Carer Awareness Training

✓ Course title and link: Carer Awareness Training Core Information
✓ Organisation: NHS Greater Glasgow and Clyde
✓ Item description: Online carer awareness training:
  - GGC: 231 Carer Awareness Training Core Information

✓ Course title and link: Equal partners in care (EPiC)
✓ Organisation: NHS Education Scotland (NES)
✓ Item description: Equal Partners in Care (EPiC) is a learning resource for health and social care staff which aims to support learners to have better conversations and interactions with carers

Place and community

Health at work

✓ Course title and link: Healthy working lives
✓ Organisation: Public Health Scotland
✓ Item description: The healthy working lives website hosts a range of learning opportunities related to improving health in the workplace.
1.4 Early years

- **Course title and link:** [Child poverty, health and wellbeing](#)
- **Organisation:** Public Health Scotland
- **Item description:** This course aims to raise awareness of child poverty in Scotland and how poverty can impact on children and young people's health and wellbeing.

- **Course title and link:** Healthy young lives
- **Organisation:** Public Health Scotland
- **Item description:** This workshop aims to increase the knowledge and skills of youth work, social care and CLD staff around health promotion.

- **Course title and link:** Preventing unintentional injuries in early years
- **Organisation:** Public Health Scotland
- **Item description:** This course explores what unintentional injuries are, their causes and effects and how to prevent these injuries.

1.5 Mental Health and Wellbeing

Mental health learning resources

- **Course title and link:** [Mental health improvement online learning opportunities](#)
- **Organisation:** NHS Greater Glasgow and Clyde
- **Item description:** Information about a range of mental health learning opportunities covering the life course; maternal, infant, early years, young people and adults.

- **Course title and link:** Mental Health Improvement Prevention and Early Intervention Training and Capacity Building Pathway
- **Organisation:** NHS Greater Glasgow and Clyde
- **Item description:** This training and capacity building pathway is intended for use by workers, volunteers and anyone with an interest in mental health to help them understand the knowledge and skills expected of them.
✓ Course title and link: Psychological first aid emodule
✓ Organisation: NHS Education Scotland
✓ Item description: Elearning information and resources to support the wellbeing of other people, including Psychological First Aid.

1.6 Harmful substances and sexual health

Health behaviour change

✓ Course title and link: The MAP of Health behaviour change [Note: you will need to create an account/log in to view this course].
✓ Organisation: NHS Education Scotland
✓ Item description: This course provides a guide to structuring behaviour change conversations utilising evidence-based behaviour change techniques.

✓ Course title and link: Health behavior change level 1
✓ Organisation: Public Health Scotland
✓ Item description: This course for anyone who wants to learn more about health behaviour change and what their role is in improving health.

✓ Course title and link: Health behavior change level 2
✓ Organisation: Public Health Scotland
✓ Item description: This course builds on learning covered in HBC level 1

✓ Course title and link: Supporting Behaviour Change
✓ Organisation: Royal College of Nursing
✓ Item description: For registered nurses, student nurses, health care assistants (HCAs) and assistant practitioners working in any health care setting or specialism. The aim is to provide an overview of motivational interviewing and provide a tool-kit of techniques.

✓ Course title and link: Physical Health in Mental illness
✓ Organisation: Royal College of Nursing
✓ Item description: For nurses, three short sessions with the aim of encouraging nurses to be proactive in considering the physical health needs of people with mental illness.
Course title and link: Motivational Interviewing
Organization: NHS Education Scotland
Item description: NHS Education Scotland provide the following motivational interviewing elearning courses:
- Motivational interviewing: the foundations of motivational interviewing practice
- Motivational interviewing: the strategic elements of motivational interviewing practice

Course title and link: Motivational Interviewing in Brief Consultations
Organization: British Medical Journal
Item description: This module explains what motivational interviewing is and how it can be used in brief consultations.

Course title and link: Stephen Rollnick: Free Motivational Interviewing Webinars
Organization: Stephen Rollnick Training

Tobacco
Course title and link: NHSGGC tobacco elearning modules - Learn Pro [Note: you will need to create an account/log in to view this course].
Organization: NHS Greater Glasgow and Clyde
Item description:
- GGC: 092 Tobacco Awareness
- GGC: 220 Very Brief Advice on Smoking in Pregnancy
- GGC: 085 Secondhand Smoke
- GGC: 088 Smokefree Policy

Course title and link: Very brief advice on smoking
Organization: Public Health Scotland
Item description: This course is aimed at health professionals and other allied health professionals working in a wide range of settings who have interactions with people who smoke, including, GPs, nurses, health visitors, dentists, and pharmacists not providing specialist smoking support within their service.
Course title and link: ASH Scotland learning resources
Organisation: ASH Scotland
Item description: A suite of smoking and tobacco online learning resources covering the below areas:
- Understanding tobacco
- Behaviour change
- Smoking and money advice
- Smoking and mental health
- Second hand smoke
- Tobacco and cannabis
- Smoking and young people

Alcohol and drugs
Course title and link: Alcohol, drugs and blood bourne viruses
Organisation: NHS Greater Glasgow and Clyde
Item description: Information about alcohol, drugs and blood bourne virus courses can be accessed via the above link.
- Alcohol courses
- Alcohol Brief Intervention (ABI) courses
- Drugs courses
- Blood Born Viruses courses
- Multiple Risk courses

Course title and link: NHSGGC Alcohol elearning modules
Organisation: NHS Greater Glasgow and Clyde
Item description: NHS Greater Glasgow and Clyde alcohol awareness and alcohol brief intervention (ABI) module.
- GGC: 025 Alcohol Awareness
- GGC: 026 Alcohol Brief Interventions for Acute Hospital staff

Sexual health
Course title and link: Scottish Drugs Forum
Organisation: Scottish Drugs Forum
Item description: suite of online learning, covering sexual health & drugs.
1.7 Diet and Physical Activity

✓ Course title and link: Encouraging and enabling physical activity
✓ Organisation: Public Health Scotland
✓ Item description: The aim of this learning is to support anyone who has a role in encouraging physical activity, and those working directly in physical activity to encourage and enable people to be more active. This includes those working in health and social care, leisure and the third sectors.

✓ Course title and link: Infant nutrition
✓ Organisation: NHS Education Scotland
✓ Item description: A suite of infant nutrition elearning modules including:
  - Infant formula milk feeding
  - Breastfeeding challenges for mothers
  - Babies with breastfeeding challenges
  - Setting the table: enabling infants and young children to eat well
2. Public health competencies

2.1 Public health skills

2.2 Reflective practice

2.3 Organisational development
2.1 Public health skills

- **Resource:** Public Health CPD Opportunities
- **Organisation:** Public Health Scotland
- **Item description:** Public Health Skills and Knowledge Framework (PHSKF) mapping of available Public Health CPD opportunities.

- **Course title and link:** Public Health Scotland’s Virtual Learning Environment (VLE)
- **Organisation:** Public Health Scotland
- **Item description:** Hosts a wide range of learning modules, event information and resources providing workers and volunteers in the NHS, wider public sector, private and third sectors across Scotland with the knowledge and skills required to improve health and tackle health inequalities.

- **Course title and link:** Public health workforce zone
- **Organisation:** Public Health Scotland
- **Item description:** This is a dedicated site for Public Health Workforce Development. It provides a range of tools available to support professional development and practice. The resources are located in one place for easy access and to use as a reference guide across public health profession.
  - Public Health Workforce Development
  - UKPHR Practitioner Portfolio Assessment and Verification
  - UKPHR Scottish Coordinators Scheme

- **Course title and link:** Improving health: developing effective practice
- **Organisation:** Public Health Scotland/ NHS Greater Glasgow and Clyde
- **Item description:** This 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. This course consists of the eight modules noted below:
  - Exploring health and health improvement
  - Health inequalities
  - Policy and social context
  - Promoting health with individuals
  - Promoting health with communities
  - Needs assessment, planning and evaluation
- Local resources and partnership working
- Health improvement skills, competencies and reflective practice.

✔ How to access: To request a place on this training please email: HIAdmin@ggc.scot.nhs.uk

✔ Course title and link: Information and literature searching skills
✔ Organisation: NHS Greater Glasgow and Clyde
✔ Item description: The Library provides a range of information skills training and support including:
  - Introduction to literature searching
  - Advanced literature searching
  - Introduction to critical appraisal
  - Introduction to webropol
  - Copyright

✔ Course title and link: Quality Improvement Zone
✔ Organisation: NHS Education Scotland
✔ Item description: The Quality Improvement Zone (QI Zone) provides information and resources to support people with experience at all levels of quality improvement to develop their knowledge.

2.2 Reflective practice

✔ Course title and link: The reflective leader: reflecting in and on action to strengthen our capacity to learn to lead.
✔ Organisation: NHS Education Scotland
✔ Item description: This webinar explores the essential ability to continually learn as a leader and its vital importance in today’s health and care context.

✔ Resource: Public Health Reflective Practice Tools and Resources
✔ Organisation: Public Health Scotland
✔ Item description: The 'Know how' tool helps to combine evidence of learning with critical reflection. The 'Show How' tool allows individual to link particular work activity to competence from PHSKF and includes critical reflection. They offer an opportunity to link with PDP and can also be used in one to one discussions, peer critical reflection or team development to encourage reflective practice.
2.3 Organisational development

✓ **Course title and link:** [Organisational development courses](#)  
✓ **Organisation:** NHS Greater Glasgow and Clyde  
✓ **Item description:** The NHS GGC organisational development team offer a wide range of interventions, tools and resources to support ongoing development and learning including:
  - [Board wide Leadership Provision](#)  
  - [Resilience and Wellbeing](#)  
  - [Ready to Lead](#)  
  - [Effective Teams](#)  
  - [Change and Improvement](#)  
  - [Workplace Equalities Programme for Managers](#)  
  - [Workplace Equalities Programme for BAME Staff](#)  

✓ **Course title and link:** [Project lift](#)  
✓ **Organisation:** NHS Education Scotland  
✓ **Item description:** Project Lift is a whole-system approach to enhancing leadership capability and capacity in Health and Social Care in Scotland. It is open to staff of all levels, in all roles and at all stages of their development.

✓ **Course title and link:** [NHS GGC Learning, Education and Training Catalogue](#)  
✓ **Organisation:** NHS Greater Glasgow and Clyde  
✓ **Item description:** NHS GGC Learning, Education and Training Catalogue has a range of learning and development opportunities that can be accessed via the NHS GGC website including:
  - Business report writing  
  - Communication skills  
  - Core skills – basic IT, reading writing or numbers  
  - Foundation programme for new managers and supervisors  
  - Minute taking  
  - Mental health and stress awareness  
  - Presentation skills  
  - Project management
✓ **Course title and link:** [The Glasgow Centre for Population Health Seminars](#)
✓ **Organisation:** The Glasgow Centre for Population
✓ **Item description:** The Glasgow Centre for Population Health generates insights and evidence and supports new approaches to improve health and tackle inequality. A series of seminars can be accessed via the above link.

✓ **Course title and link:** [NHSGGC - Learn Pro Modules](#) [Note: you will need to create an account/log in to view the below courses].
✓ **Organisation:** NHS Greater Glasgow and Clyde
✓ **Item description:** Learn pro, NHSGGC elearning platform has a range of learning and development opportunities including:
  - LP CPD: Business Report Writing
  - LP CPD: Presentation Skills
  - LP CPD: Time Management
  - LP CPD: Stress Management
  - LP CPD: Managing Effective Meetings
  - LP CPD: Problem Solving and Decision Making
  - LP CPD: Questioning and Listening
  - LP CPD: Assertiveness
  - LP CPD: Continuous Improvement and Design
  - LP CPD: Conflict Management
  - LP CPD: Change Management
  - LP CPD: Coaching and Mentoring
3. Staff wellbeing resources

- **Course title and link:** [NHS GGC Wellbeing Resources](#)
  - **Organisation:** NHS Greater Glasgow and Clyde
  - **Item description:** The NHSGGC website contains information on a number of resources including how to access the acute psychology staff support service (APSSS), the COVID-19 staff support line, Occupational Health Counselling Service and the spiritual care service.

- **Resource title and link:** [Staff Health](#)
  - **Organisation:** NHS Greater Glasgow and Clyde
  - **Item description:** This microsite provides information and support for staff on a range of health topics and factors that can impact on health.

- **Course title and link:** [Staff Wellbeing Resources](#)
  - **Organisation:** NHS Education Scotland
  - **Item description:** Resources to support staff wellbeing and encourage self-care. For use by individuals or within peer groups to support each other.

- **Course title and link:** [National Wellbeing Hub for people working in health and social care](#)
  - **Organisation:** Scottish Government
  - **Item description:** A resource to support the wellbeing of health and social care staff including advice and support for practical, everyday needs and relationships, as well as tips on self-care.

- **Course title and link:** [‘Clear Your Head’ campaign](#)
  - **Organisation:** Scottish Government
  - **Item description:** The Scottish Government’s ‘Clear Your Head’ campaign is a mental health initiative to help people cope during the pandemic the website highlights some practical tips.

- **Course title and link:** [Scottish Association for Mental Health (SAMH)](#)
  - **Organisation:** SAMH
  - **Item description:** SAMH is Scotland’s national mental health charity it’s COVID information hub accessed by the link above has a number of resources to support mental health including information for dealing with stress and anxiety.
Author: Health Improvement Training Team
Date: May 2021
Contact: HIAdmin@ggc.scot.nhs.uk

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