

IMPERIAL

Intro to OH

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Imperial Occupational Health Group

Agenda

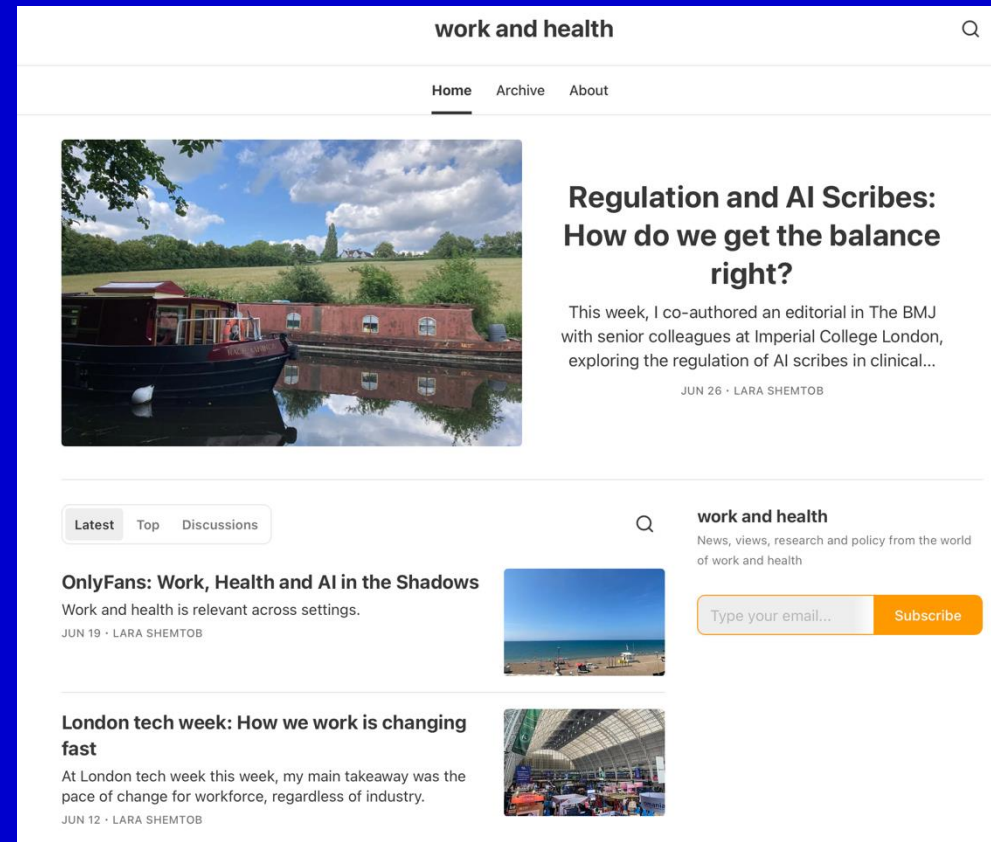
- 1 Intros
- 2 What is OH?
- 3 Upsides/ downsides
- 4 Takeaways/ questions

Intro



workandhealth.substack.com

- General Practice
- Occupational health
- Imperial College London: research/ policy lab
- Teaching on MBBS and MPH
- Executive coaching
- Medical communications
- Blog!



About you, what brings you here?

Agenda

- 1 Intros
- 2 What is OH?

What does OH mean to
you?

What is OH?

The relationship between work and health

How health affects work

How work affects health

What is OH?

My take on OH in medical school



What is OH?

My take on OH when upskilling

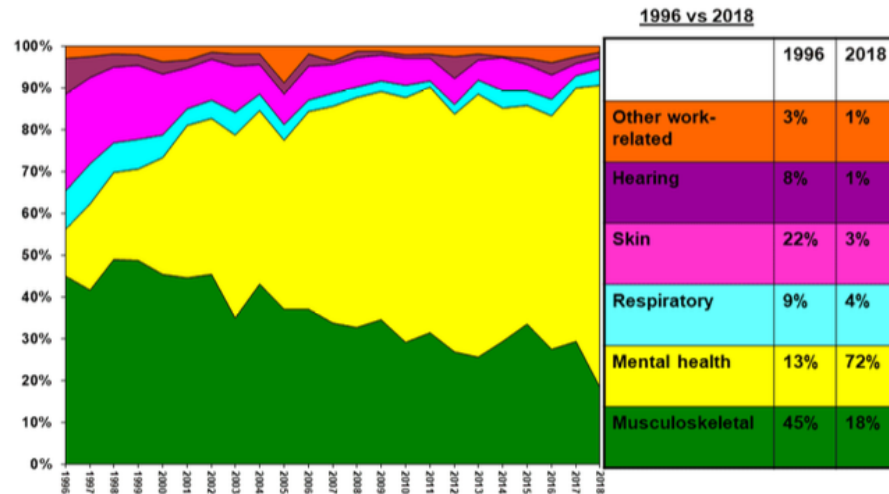


Figure 1 Proportion of cases by diagnostic category reported by Occupational Physicians to OPRA (Occupational Physicians Reporting Activity)



What is OH?

My take on OH now

work and health

'I trained AI then it took my job'

LARA SHEMTOB
JUL 31, 2024

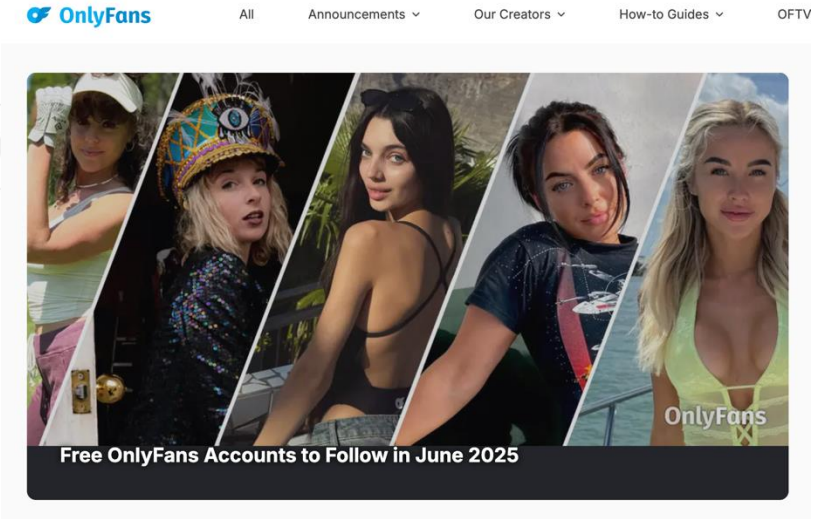


Share



A Waymo self driving car turning into Oracle Park baseball stadium, San Francisco, July 2024

This week, I have been visiting the San Francisco Bay Area where driverless cars can now take passengers. Technology companies such as Waymo operate autonomous



Why is this interesting?

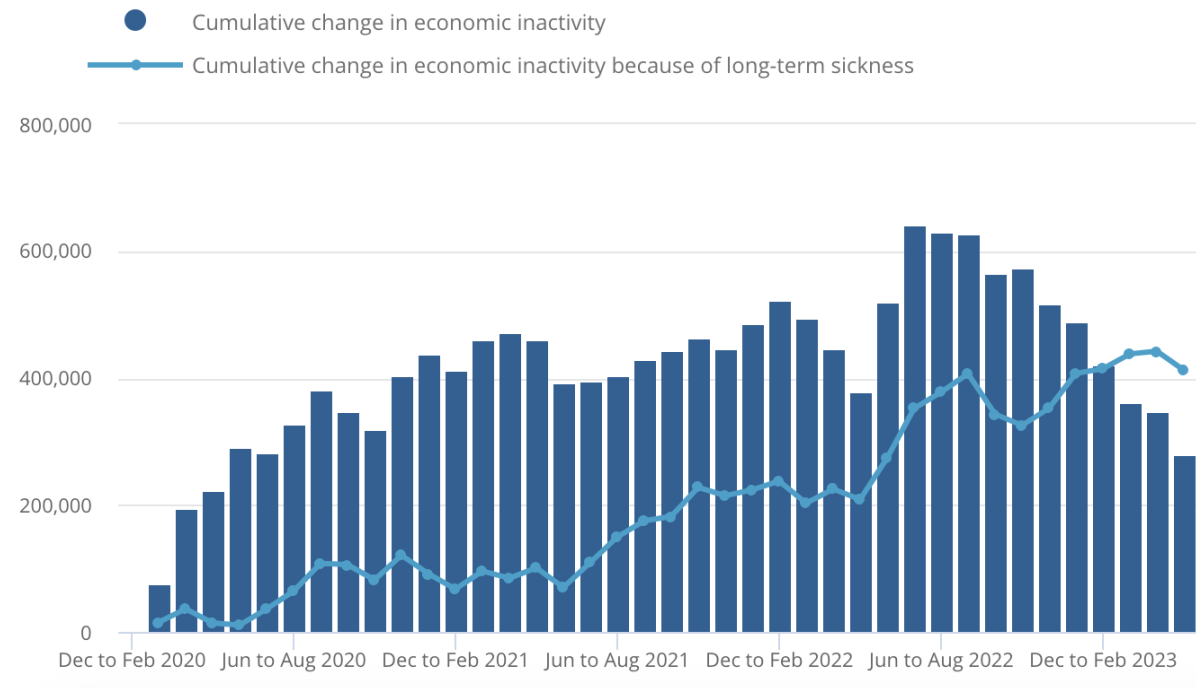
Your work and your health

Organisational productivity

National policy issues

Global health issues

Cumulative change in economic inactivity (seasonally adjusted), people aged 16 to 64 years, December to February 2020 to March to May 2023



PM TELLS SICK NOTE BRITAIN: GET A GRIP AND A JOB

By **Martyn Brown**
Deputy Political Editor

RISHI Sunak is vowing to end Britain's sick note culture, declaring everyday "life worries" are not a medical reason for being unable to work.

In a landmark speech today he will unveil an overhaul of the welfare system to curb the soaring benefits bill. The PM will demand a switch to a "can-do" attitude where thousands of long-term jobless are helped back to work.

His get-tough approach comes after the total number of people signed off soared to a record 11 million last year; it was 5.3 million in 2015/16.

Mr Sunak is likely to say the focus will be "what work you can do – not what you

TURN TO PAGE 4



What we do Funding and partnerships News and comment

Home > Publications

Health in 2040: projected patterns of illness in England

July 2023

What about the rest of the world?



How's the day to day?

Mostly outside of the NHS

TIME! 6 vs 36 patients

In the workplace - occupational angle

- Individual
- Organisational

Psychosocial

In non clinical spaces

Research

Policy

Leadership

Teaching

With a commercial angle

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What is important to you ?

In your career, and beyond...

Career variables

LOGISTICS	WHAT'S THE MEDICINE LIKE?	THINKING BROAD
• Location • Shift work • Flexibility • Length of training • Remote options • Money	• Community vs Hospital based • Independent decision making vs team • Surgery/ procedures • Intellectual stimulation	• Options for academic work • Options for other non clinical work- commercial/ teaching/ leadership/ policy

How does your career fit in to
your life?

Now, in five years, in 10 years

Uncertainty

Career variables

LOGISTICS

- Location
- Limited shift work
- Flexibility
- Length of training
- Remote options
- Money

WHAT'S THE MEDICINE LIKE?

- Community vs Hospital based
- Independent decision making vs team
- Surgery/ procedures
- Intellectual stimulation

THINKING BROAD

- Options for academic work
- Options for other non clinical work- commercial/ teaching/ leadership/ policy

Because the logistics are good,
Easier to explore portfolio options

Other upsides

Multidisciplinary

Small specialty – change agency

Extremely supportive, welcoming and approachable seniors

Your work has whole non healthcare angle to it

Your service users are generally functioning well- in the employment market

Downsides

Grey areas

If you don't like psychosocial

More solitary ...though some good MDTs out there

Slower pace practice

(The highs and lows are less extreme)

Routes in (medical grads)

DOccMed OH Physician	Consultant in Occupational Medicine
Full GMC licence	5-6 years of training (different pathways: GP/ CMT/ IMT)
Pre requisite course	
DOccMed exams	Occupational Medicine specialty training
	OR
	CESR

MIXED BAG!

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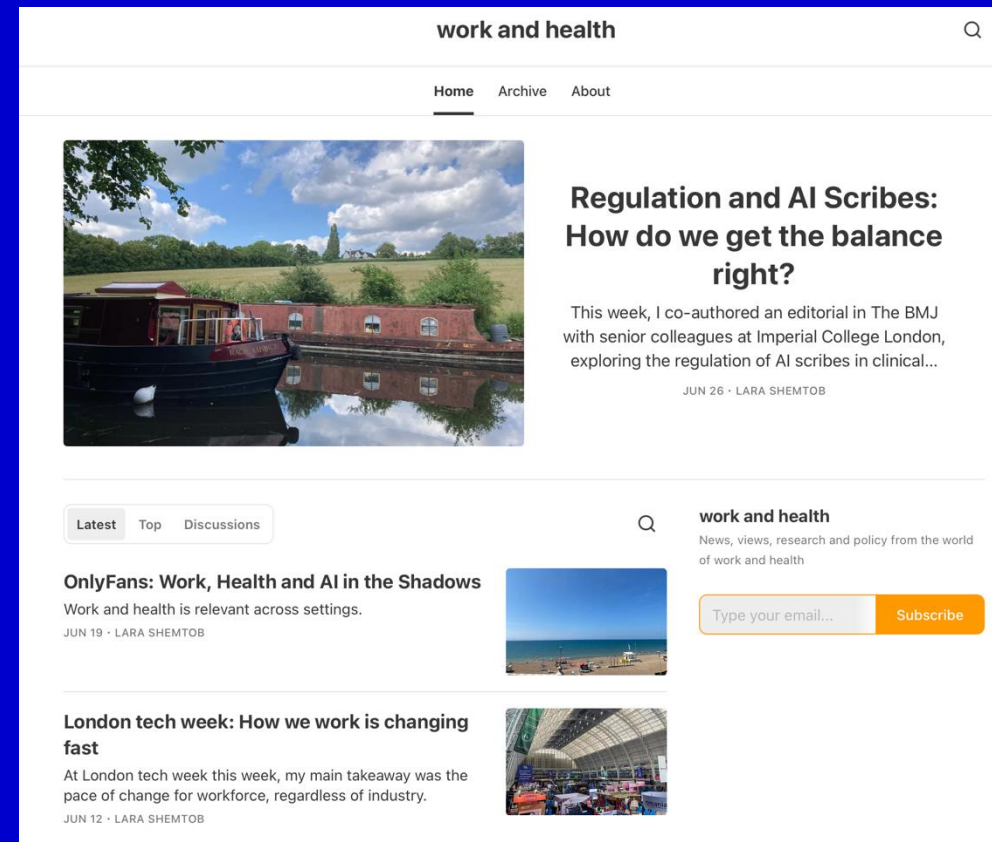
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Where does this leave you?

Intro



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Medical School → Academic Foundation Programme → Academic GP Training → GP

DOccMed → OHP

Life outside of work

Career resilience

Generally, the earlier the better

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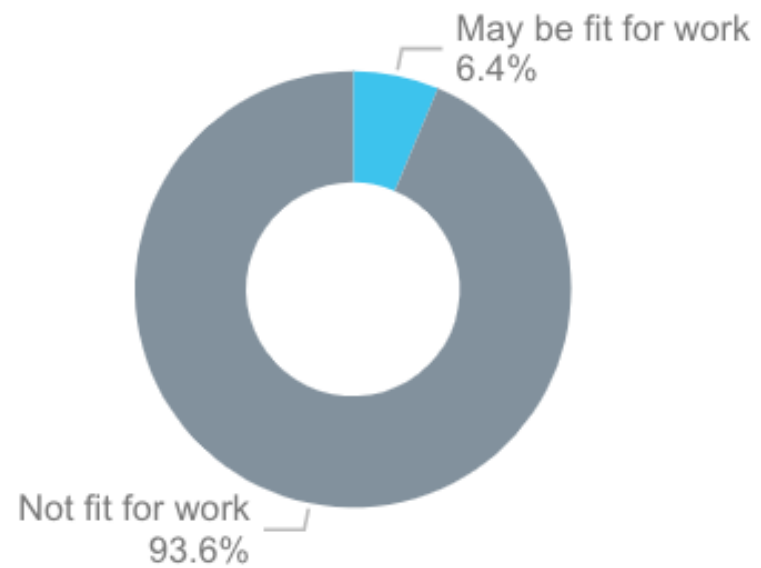
Occupational Medicine specialty training

OR

CESR

Relatively high ROI

Use of the fit note in GP



Organisational change



Why OH became a bigger part of my career

Interest	Good portfolio option		
Medicine Policy context Commercial	LOGISTICS	WHAT'S THE MEDICINE LIKE?	THINKING BROAD
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Build in career resilience

Upskill in OH now!

work and health

Thinking about a career in OH?

LARA SHEMTOB
APR 19, 2023

2 1 Share ...



Abbot's Cliff Sound Mirror, North Downs Way, April 2023

When fourth year medical student [Vera Onongaya](#) wanted to find out more about a career in occupational health, I connected her with [Dr Pippa Leighton](#), occupational health physician and occupational medicine trainee. Here are the highlights from their chat.

work and health

Journey to the DOccMed

LARA SHEMTOB
MAR 11, 2023

1 1 Share ...



Different routes to explore in Hengill, Iceland. July 2019

I started working towards the DOccMed in the second year of my GP training. I was doing a community post where the service I was working in was undergoing significant organisational change. The fall out from this was affecting my colleagues, and therefore impacting the care we were able to deliver to our service users too. This got me thinking about work and health in the context of the [healthcare workforce](#).



An introduction to **occupational health**:
A guide for DOccMeds and others entering the sector

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