

Occupational Medicine Specialist training – My Journey

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The Journey....

- 1993 Graduated Edinburgh University
- 1994 House officer Jobs
- 1994- 1997 Medical rotation- Cornwall
- 1997-1999 GP training (MRCGP 1999)
- 2000-2003- GP partner/locum, family planning, sexual health, clinical research, MOD army recruitment medicals
- 2004- 2011 OM specialist training NHS Fife
- 2011 Accredited specialist/MFOM







Why Occupational Health? Why specialist training?

- Army Medical Recruitment medical Glencorse Barracks
- GP colleague- MCA and OGUK medicals
- Diploma



Specialist Training



2004
OHSAS- NHS
FIFE/TAYSIDE

7 CONSULTANTS 4 TRAINEES

PUBLIC
SECTOR/ NHS –
SPCB, SPS, SW,
Local Council

MFOM 2011

(Dissertation)

https://www.foundationforp ositivementalhealth.com/res earch/occupational-health/



The Dissertation



'Positive Mental Training' in an Occupational Health Setting.

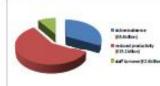
Dr Jacqueline Thompson





A Problem

The business costs of mental itl health at work -£billion (1)



A Possible Solution?

Individual Cognitive Bahavioural Approach most effective workplace intervention for employees with 'Common Mental Health Problems (2)

"Positive Mental Training"

- 12 week self help audio programme
- Evidence based approaches (relexation, cognitive behavioral therapy, mindfulness)
- Origins; peak performance in athletes. Equal effectiveness to antidepressants in primary care

Evaluation using an Exploratory Study

- Hypothesis; Positive Mental Training will be:
- acceptable to employees reduce employee ill-health

Study Design

Mixed methodological approach

Quantitative evaluation

- Partially Randomised Preference' study design:
- Intervention + 'Care as Usual' Care as Usual slone
- Random allocation to each group

Measurement via validated guestionmaires:

- Clinical Outcomes for Routine Evaluation-Outcome Messure (CORE-OM)
- Hospital Anxiety Depression Scale (HAD) Maslach Burnout Inventory- General Survey

Post intervention Satisfaction questionneire

Qualitative evaluation

Semi structured individual interviews

Study Results



32 participents, 25 female, 7 male 28 intervention

Wide range of clinical symptoms and severity.

Qualitative interviews

11 perticipants (2 controls) Through content analysis, themes emerged



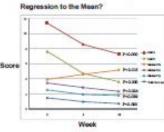


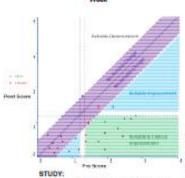




Quantitative Questionnaires

Changes to Questionnaire Scores over time

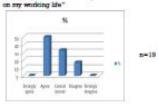




CORE BENCHMARK: Lowest 25th Centile organisations 67-73%

reliable +/- clinical change

The programme has had a positive effect



What power is required for full study?



For a study at 80% power and 5% significance: To show a 50% reduction in total sickness absence: 46

To show a 50% reduction in mental health absence: 124

Conclusions

- The intervention was popular, safe and acceptable
- Variety of perceived benefits
- Clinical effectiveness not established
- Self referrers motivated to take part Self referrers not just the 'worried well'
- High drop out rate

Recommendations

- Include a randomised arm to establish effectiveness Explore client and external factors to identify those most
- OH professionals evaluate own position of influence



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Mental Health at Mont; Developing the Rusiness Case Policy 8. Sainsbury Centre for Mental Health 2007 Workplace Interventions for People with Common Idential Health Problems; Evidence Review and Recommendations, Seymour, ; Grove, B. British Occupational Health Research Fund, London. 2005

A Senotmañad Fessbilly study of a Set Hypnosis Treatment for Depression in Primary Care. Dottoin A; Marvell M; Elton R. International Journal of Clinical & Experimental Hypnosis. 2009. 57, 3, 393-519.



The End Game



- 2011-2014
- Abermed (InternationalSOS)OGUK/MCA/Overseas medicals
- 2014- to date
- Health Management (part of Medigold Health since 2023)
- Consultant Occupational Physician -MD for Pensions since 2022)

Tutor at Edinburgh University/ Appraiser/Clinical and Educational supervisor



Private versus NHS specialist training



- Balance between training/operational
- Level of supervision
- Contract exposure/experience
- Financial pension
- Home based/face to face / travel
- Trainee network



OH specialist training- conclusion



- Structured
- E-portfolio
- Evidence assessed based on where you are in training



The Lost Dr. Seus Poem



I Love My Job!

I love my job. I love the pay!

I love it more and more each day.

I love my boss, he is the best!

I love his boss and all the rest.

I love my office and its location. I hate to have to go on vacation.

I love my furniture, drab and grey, and piles of paper that grow each day!

I think my job is really swell, there's nothing else I love so well.

I love to work among my peers, I love their leers and jeers and sneers.

I love my computer and its software; I hug it often though it won't care.

I love each program and every file, I'd love them more if they worked a while.

I'm happy to be here. I am. I am.

I'm the happiest slave of the Firm, I am.

I love this work. I love these chores.

I love the meetings with deadly bores.

I love my job - I'll say it again - I even love those friendly men.

Those friendly men who've come today, in clean white coats to take me away!!!!!













