

Health Promoting Health Service Training Senior Flash Report 2022/23

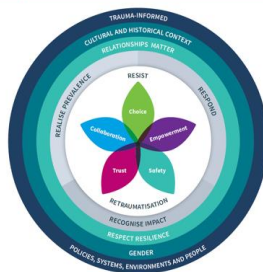
Training this year has sought to build on the successes of our pioneering online delivery, whilst returning to face to face delivery depending on learners' needs and circumstances. With the impact of the cost of living crisis this year, learning on all aspects of the wider determinants of health is more relevant than ever. The Health Promoting Health Service (HPHS) Senior delivers training in order to contribute towards HPHS Outcomes 1, 2 and 3, sitting under the range of Public Health Priorities in order to improve staff knowledge and practice, staff health and wellbeing and empower local communities.

"I see patients with trauma every day. These workshops are really valuable...I'm improving my confidence"

Trauma Training

22 new students graduated!

IHDEP Trailblazers



Working closely with the NHSL Transforming Psychological Trauma Implementation Coordinator (TPTIC), we have written bespoke Level 2 training for the GP Community Link Workers. Training has commenced and feedback has been very positive so far.

IHDEP (Improving Health: Developing Effective Practice) continues to flourish as NHSL's flagship course on Health Improvement and Inequalities. This year has seen the course go from strength to strength, with the co-ordinator's focus on a continuing improvement model, leading to constant review and updating of the materials and structure of the course, all built in response to student and facilitator feedback.

Two full cohorts ran – one spring and one autumn cohort, both courses were over-subscribed. *'The most engaging online course I've ever done'*

32 staff attended the HI Online Trainers' Meets

NHSL Health Improvement Training and Learning

Extensive revision of the written submissions led to a more responsive model, with students allocated a tutor to support their progress through this university-level course.

- Training and Capacity Building (TCB) Sub-group work included co-ordination, writing and dissemination of a departmental training calendar and the planning and delivery of a training website.
- Two online Trainers' meet ups were planned and facilitated. The sessions were well attended and facilitated a supportive environment for trainers as well as helping develop individual members of staff through 1-2-1 coaching sessions.
- Co-ordination of the *ABI Training and support to the trainers included regular meetings, review of the materials and training the trainers in new coaching techniques from NES (NHS Education for Scotland).

Three of this year's graduates were HPHS Seniors and, working closely with the Training Senior, the HPHS team has used IHDEP materials and theories to design bespoke training for delivery in Acute sites, including training of Trainee Pharmacists and Vascular Ultrasound Lab staff.

"Thank you. I would not have written an application that way before I attended IHDEP, it's helped in so many ways"

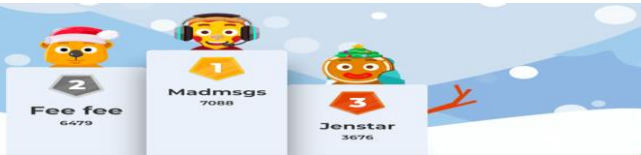
“This is the first time I’ve ever been able to speak about my experience of poverty. I don’t feel judged here’

New Year, More HIIC!

In partnership with Routes to Work, we piloted the use of the **Young People’s HIIC** (Health Issues in the Community) course, working through the first Unit with local young people who participated in a full Health Improvement course.

The **Women’s Hub**, which meets weekly in the Cambuslang Beacons, began its journey on the HIIC Course in November, 2022.

Participants began with three taster sessions, working through Unit 1 of the course, looking at the wider determinants of health and examining upstream thinking. This group was particularly keen to use the Dahlgren and Whitehead rainbow model to consider the factors that affect their own health. The group then decided to go ahead and participate on further HIIC units, including a festive meet in December, with Quiz!



The HPHS Training Senior has also been developing and delivering training in other aspects of Health Improvement, including: Solihull Foundation Training, MAP (Motivation, Actions, Prompts) Health Behaviour Change Training, *ABI (Alcohol Brief Intervention Training), IHDEP (Improving Health: Developing Effective Practice) , HIIC (Health Issues in the Community) and Trauma. This has also included mentoring new trainers in ABI, IHDEP and HIIC.

References

<https://learn.nes.nhs.scot/37896/national-trauma-training-programme>
(national trauma training programme)
<https://www.hiic.org.uk/> (HIIC Course)



“Best Trauma Training I’ve ever been on”

National Training

The Training Senior Supported the HIIC South Lanarkshire Superstars to participate in the Scottish Government Health, Social Care and Sport Committee **Inquiry into Health Inequalities**, where MSPs spoke directly with the group and listened to their experiences on inequalities. Our group was singled out by one MSP who thanked us commenting that the Group’s presentation and participation had “opened my eyes, and really helped me to understand this issue from women’s perspectives on the impact of inequalities”

The HPHS Training Senior was requested to develop and deliver a workshop at the national **CHEX** (Community Health Exchange) conference. The aim of the conference was to highlight how those tackling health inequalities are on the front lines of the cost of living crisis. The workshop examined trauma with an inequalities lens, making links between trauma as cause and consequence of inequalities. Feedback from participants was positive, with one participant commenting that it had been a, ‘hard-hitting and thought-provoking workshop...very useful tools for making my practice more trauma-informed. Thank you!’

The HPHS Training Senior is the Lanarkshire lead for the co-ordination and delivery of the national pilots for the newly developed versions of the **nationally re-designed IHDEP** course. The Training Senior also contributed to the nomination for **the UKPHR Best Innovative Digital Improvement Awards**, where our work was shortlisted to the final.