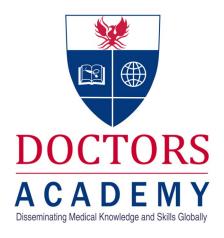
An Introduction to Public Health Medicine

Ms Katie Millichamp, Dr Pip Fisher
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The World Journal of Medical Education and Research (WJMER) is the online publication of the Doctors Academy Group of Educational Establishments. Published on a quarterly basis, it's aim is to promote academia and research amongst all members of the multi-disciplinary healthcare team including doctors, dentists, scientists, and students of these specialties from all parts of the world. The principal objective of this journal is to encourage the aforementioned from developing countries in particular to publish their work. The journal intends to promote the healthy transfer of knowledge, opinions and expertise between those who have the benefit of cutting edge technology and those who need to innovate within their resource constraints. It is our hope that this will help to develop medical knowledge and to provide optimal clinical care in different settings all over the world. We envisage an incessant stream of information will flow along the channels that WJMER will create and that a surfeit of ideas will be gleaned from this process. We look forward to sharing these experiences with our readers in our subsequent editions. We are honoured to welcome you to WJMER.





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An Introduction to Public Health Medicine

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Introducing Public Health

"The science and art of promoting and protecting health asylum seekers, the health impacts of climate change, and well-being, preventing ill health and prolonging life and obesity. through the organised efforts of society."

the promotion of "well-being".

Life as a Public Health Consultant

The three key areas of Public Health are Health Facts and Figures Improvement, Improving Services, and Health Protection. The Public Health specialty programme is a run-through The majority of projects that a consultant works on will specialist to identify areas in a health setting in need of change. They need to have the ability to bring these changes about, and to monitor and assess the efficacy of the whole process.

Usually, specialists will be working on several projects at the same time, and the work involved will range from governmental meetings, to managing an emergency health crisis, to research or teaching. As a result, the The training programme is split into 3 phases; Phase 1 workload is highly unpredictable and extremely varied.

Public Health specialists work in a variety of different settings, often outside of the usual constraints of the NHS, and usually within the Public Sector. Examples of Academic institutions or international organisations such as the World Health Organisation. Due to the breadth of even further and focus on the health improvement of a all of which were filled. specific population group.

guidance recommended by the Department of Health. (LA). Public Health services in each LA will be lead by a

Some recent changes as a result of Public Health policy Public Health is defined by the Faculty of Public Health as, include issues such as nutrition labelling, the health of

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Like any specialty, a career in Public Health has its Exciting and challenging, public health is a true challenges, most notably through the recent changes in multidisciplinary specialty, allowing the practitioner to the structure of the Public Health system. One of its most regard health as a whole, with the aim of putting notable drawbacks is the lack of hands on clinical preventative strategies in place to improve the general practice, and so specialists must have a keen interest in health of the population. Unlike many other specialties addressing the bigger picture. The administration aspects public health is not only focused on illness, but also on of the job can be off-putting for some, with regular reports, committees and management issues, as well as the challenges of political involvement.

pathway; candidates apply at ST1 level, following 2 years fall into one of these categories, and will require the of Foundation Training and full GMC registration. It is important to note that as the specialty is not limited to medics, competition for training posts is high; applicants from non-medical backgrounds are often highly qualified. In addition to these requirements, a Masters in Public Health is a desirable quality. Those who have completed this or with other appropriate experience may have a reduced ST training time.

> (ST1/2) is focused on developing a sound knowledge base, Phase 2 (ST2/3) includes an attachment at the Health protection unit, and in Phase 3 (ST3-5) trainees undertake postings in special interest areas.

these include local NHS organisations, the Military, Recent recommendations by the Centre for Workforce intelligence are that there will be no changes to the number of training posts at ST1 level in the next 3 years. public health, many consultants refine their specialty In 2010, 74 posts for ST1 training were available in total,

The Future

In order to ensure a project continues through to Public Health is a specialty undergoing huge amounts of completion, a Public Health specialist may have to liaise change. The formation of the new integrated Public and work with a wide range of people from various Health England service (an amalgamation of the current disciplines, such as politicians, teachers, dieticians and Health Protection Agency and the National Treatment local authorities. The consequences of local action can Agency for Substance Misuse) will shift control of health also contribute to changes on a national level, with services from Primary Care Trusts to Local Authorities



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Director of Public Health, with the aim to integrate other Nevertheless, the threat of emerging public health crises services (such as Education and the Police) to implement is persistent, and the need for specialists in the appropriate changes at a local level. prevention and management of these issues remains.

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