1. **Further information**
2. **Blogs**
3. [**Training**](#_Training)

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| 1. **Where to find more information on Occupational Health (OH)**  * [**WHO (World Health Organisation) Occupational Health**](https://www.who.int/health-topics/occupational-health) * [**CIPD (Chartered Institute of Personnel Development Occupational Health**](https://www.cipd.co.uk/knowledge/culture/well-being/occupational-health-factsheet#gref) * [**SOM (Society of Occupational Medicine) Work and Health**](https://www.som.org.uk/work-and-health) * [**SOM Careers**](https://www.som.org.uk/careers) |

1. **Blogs**

**A picture containing person, indoor

Description automatically generatedMSK Specialists**

**OH MSK specialist and clinical lead - Sophie Ginn**

**BASRaT BSc (Hons) Sports Therapy and Rehabilitation**

**Member ACPOHE**

Before entering OH, I worked in the military as a locum Rehabilitation Instructor. The need to have military personnel fit and ready for their roles was my first exposure to working towards the goal of “work” and reducing “presenteeism”. My locum posts were extremely varied, and I gained a lot of experience, however, I transitioned into OH in a quest for stable employment. Since being in the profession I have remained with the same OH provider for quite a few years and have undertaken several specific courses such as Functional Capacity Evaluations through Ergoscience, as well as APPI courses. My employer has also provided report writing training amongst many internal courses.

The best thing about a day in my life as an OH MSK Clinician is that no 2 days are the same. On any one day, I may conduct appointments with people from a diverse range of industries: office workers, supermarket workers, teachers, tradesmen, and frontline emergency workers. I can conduct appointments across multiple different services including delivering treatment remotely or in a clinic, assessing an individual’s fitness for work or identifying adjustments to their role or work equipment which may help them. Alongside this, I deliver specialised rehabilitation programmes for individuals with chronic conditions including long covid. Over the years I’ve had the opportunity to visit client workplaces, and this includes seeing inside many factories, spending a day in an ambulance, and visiting a 999-call centre.

**A person with blonde hair

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**OH Physiotherapist and Business owner - Clare Henson-Bowen**

**BSc physiotherapy; MSc OH Policy and practice,**

**Member ACPOHE, SOM, Board member iOH**

[**https://www.linkedin.com/in/clarehensonbowen/**](https://www.linkedin.com/in/clarehensonbowen/)

I trained as a physiotherapist in 2005 and worked in various NHS, public, private, and sports sectors. I have always been passionate about working with persistent pain and long-term conditions which paved a path into Occupational Health (OH) in 2007. In 2010, I was allowed to plan, develop and implement an in-house NHS Occupational Health Physiotherapy service. I completed several introductory courses through the Association of Physiotherapists in Occupational Health (ACPOHE) and later completed an MSc in Occupational Health (Policy and Practice) at Cardiff University. In 2014, I established a private OH Physiotherapy company, called Bespoke Wellbeing, which has enabled me to further develop my skills in OH MSK Physiotherapy but also long covid rehabilitation, ergonomics, and functional capacity assessments.

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| **Training**  ACPOHE (Association of Chartered Physiotherapists in Occupational Health and Ergonomics) [Here](https://acpohe.csp.org.uk/) have several OH-specific courses based on tasks as well as the OH essentials for Physiotherapists course which consists of 9 modules [Here](https://acpohe.csp.org.uk/content/acpohe-courses)  The Cardiff MSc is no longer running, however, an alternative for the multidisciplinary team may be: -   * Nottingham University’s Workplace Health and Wellbeing MSc [Here](https://www.nottingham.ac.uk/pgstudy/course/taught/workplace-health-and-wellbeing-msc) or * Graduate Diploma in Occupational Health policy and practice at Cumbria University [Here](https://www.cumbria.ac.uk/study/courses/postgraduate/occupational-health-practice-development/) * Robert Gordon BSc in Occupational Health [Here](https://www.rgu.ac.uk/study/courses/1120-bsc-occupational-health)   There are several standalone courses which are useful to OH Nurses and Nurse advisors including task-specific such as report writing, cognitive behavioural therapy, spirometry, audiometry, immunisations, travel health, management etc.  Many OH Nurses come from alternate backgrounds with transferable skills, and many go on to do additional qualifications according to their interests and specialities.  A free recorded webinar on career progression in OH for nurses can be found [here](https://www.youtube.com/watch?v=y1LT_5a_2TY&feature=youtu.be)  CPD for OH MSK clinicians can be found in many places. The [SOM](https://www.som.org.uk/som-webinars), [iOH](https://ioh.org.uk/) offer a variety of free webinars and information on their websites, as do the [VRA](https://vrassociationuk.com/webinar-timetable/)  The OM Diploma in OH Practice is due to open up to the Multidisciplinary team in late 2023. |