



## Introduction

Welcome to the Summer 2022 edition of our national Allied Health Professions (AHP) Programme newsletter.

### Programme news

Apologies it's taken longer than usual to get this edition out to you but the programme has had several new members joining the team. The AHP Programme Team has successfully appointed to the national clinical leadership role for public health and prevention. You'll get a chance to meet our new leads in this edition. The webpages for the AHP Programme have been updated and streamlined so you find the most relevant information. We were also thrilled to be able to hold our first AHP Conference earlier this year with over 200 of you registering to join us.



# Introducing the All Wales AHP Public Health and Prevention Leads



## Judith John

I'm Judith John and I'm thrilled to be able to introduce you to my new role as the AHP lead for Public Health & Prevention in Wales, working alongside Cath Pape.

I have a lengthy career as a dietitian in the NHS undertaking a range of different roles across the UK, as well as spending time in the third sector and academia, but my roots are in public health, and I have been working in this area for over 15 years.

Two fairly recent opportunities to work within Welsh Government's public health division have given me a great insight into Welsh health policy and its implementation and working at national level. I led a number of national programmes of work including most recently the publication of Welsh Government's 'Best Practice Guidance for Food and Nutrition' in both Care Homes for older people and childcare settings, working closely with the Care Inspectorate and across multi agencies to embed in practice.

The last 2 years has been a valuable and worthwhile experience in community service management in ABUHB during the Covid-19 pandemic. This has provided insight into the current demands on services, the huge contribution that AHPs can make and highlights for me the increasing importance of public health and preventive approaches being everyone's business.

I am now in the fortunate position of being able to influence this across all 13 of our AHP professions and further developing the work to date within Wales to implement the [UK AHP Public health framework](#) as part of the AHP transformation team, here in HEIW.

We started on the 1 March and you may have seen our involvement in the recent 'Extraordinary Times, Extraordinary Practice' 13 days of AHP conference, which provided a great opportunity to introduce ourselves and engage with some of our AHPs across Wales – do catch up with the conference recording on the AHP webpages and we would love to hear from you with any idea big or small as to how as AHPs we can develop our public health role and contribute to the health and wellbeing of the people in Wales.

Please feel free to contact us on [HEIW.Alliedhealthprofessions@wales.nhs.uk](mailto:HEIW.Alliedhealthprofessions@wales.nhs.uk).

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## Catherine Pape

Hello, I'm Catherine Pape and I'm delighted to be job sharing the role of Lead AHP for Public Health and prevention with Jude John. I am a Speech and Language Therapist and have spent much of my career working in Powys, where I live (making the most of the beautiful scenery in my spare time). In recent years, I have predominantly worked in Flying Start, and for three years I chaired the National Clinical Excellence Network for SLTs working in Public Health in the Early Years.



I supported the RCSLT's work on demonstrating [outcomes](#) outside individualised care, and was a supporting author on the RCSLT guidance for SLTs on the [ALNET](#) Act (2018).

Since 2020, I have been working in Welsh Government as National Speech, Language and Communication Co-ordinator, working on the '[Talk with Me](#)' delivery plan which focuses on supporting children's speech, language and communication development within universal, population and targeted services.

I am passionate about reducing health inequalities and look forward to working on raising the profile of the role of AHPs in public health. Across the 13 AHP professions in Wales, we have much to offer and showcase, and I hope that my experience from an SLT perspective will be valuable as we support the implementation of the [UK AHP PH framework](#) in Wales.

## AHP conference 2022

### 13 Days of AHPs: Extraordinary Times, Extraordinary Practice

Our first conference looked a little different to how we had originally envisioned. Due to the pressures on health and social care we decided to hold 13 sessions across 13 days. Each session focusing on a different insightful topic.





- AHP Framework: You said we did
- Dementia Action Plan
- Using Tech in Practice
- Wellbeing
- Strategic Programme for Primary Care
- Leadership: Overcoming Imposter Syndrome
- Strategic Planned Care Programme
- Rehabilitation Framework: Taking a Value-Based Approach to Measuring Outcomes
- Strategic Programme for Urgent & Emergency Care
- Working differently: Looking after yourself
- Culture of Inquiry: QI and Research
- Public Health & Prevention
- National Clinical Framework

Don't worry if you weren't able to join all conference sessions you can still catch up! Just head over to the [HEIW website](#) to check out the recordings along with resources for each session.

## Save the date

Join us for our next engagement session on 14 July where we shine a Spotlight on Prehabilitation. Make sure you receive all event updates and register on [Eventbrite](#) now.

To make sure you don't miss any future events or newsletters, sign up to [our mailing list](#).

## Meet the allied health professional



In each edition of our newsletter, we will be shining a spotlight on one of our amazing AHPs.

In this edition, we meet Jane Spivey, a Specialist Dietitian/Community Gastroenterology Lead Dietitian working across Swansea Bay University Health Board and Aneurin Bevan University Health Board.

### **My job role as an AHP is:**

I provide evidence based nutritional care and advice for people living with long term and chronic health

problems in hospital and at home such as cancer and diseases of the digestive system such as inflammatory bowel disease (Crohn's disease, ulcerative colitis), liver disease and pancreatitis. In community and the hospital, I work with a team of health professionals including doctors, nursing, pharmacists, physios, occupation therapists and GPs to provide a person centred and holistic care approach. I empower the patient to understand the importance of nutrition and give them strategies to improve their symptoms and keep them as well as they can be. I am a supervisor and educator, providing clinical supervision and support for student dietitians, new entrant dietitians and dietetic support workers. I am an innovator and work creatively to achieve dietetic service and health board wide goals through service improvement.

### **What I enjoy about my job:**

It can be so versatile and can provide job opportunities in a variety of job sectors including public and private health care, charity, freelance/media, public health, industry. It's extremely rewarding working with people to improve their health, particularly when you are working effectively as a team with shared goals such as supporting an individual's recovery through stroke rehabilitation or optimising someone's health in preparation for cancer treatment to give them the best possible outcome through prehabilitation.

### **My career ambitions:**

My passion is oncology, and I am currently working towards gaining as much experience through secondment and different sectors including cancer a cancer charity, and other health boards to build upon my cancer knowledge and experiences. I hope that one day can work as a cancer specialist dietitian and lead a service. I'm particularly interested in cancer prehabilitation.

### **How did I get here:**

I didn't realise I had an interest in nutrition until I was doing my A-Levels, so I initially went on to complete a BSc Nutrition and Health Sciences degree (Teesside University) where I was introduced to Nutrition and Dietetics. I'd always known that I wanted to work in health care and had an interest in science, so I was inspired to pursue this career choice. To gain further experience, I initially worked as a dietetic support worker which put me in good stead to apply and successfully enrol onto a post graduate diploma with master's modules in Nutrition and Dietetics (Cardiff Metropolitan University).

### **Who would my job suit?**

If you have an interest in science, particularly biology and chemistry and the application of this to nutrition and health. It also helps if you like food! If you have great communication and people skills as you will cross all walks of life in the profession

through the patients, you will work with and the multidisciplinary team. Networking within the profession as well as thinking outside the profession as an Allied Health Professional is key to self-development and learning as well as enabling a more efficient and effective way of working with other Allied Health Professionals. A creative and open mind helps with problem solving to overcome barriers to change may that be working with a patient to identify the key issues impacting their health and agreeing changes or recognising areas for improvement within the service and influencing change.

If you would like to share your role and experience within the NHS, you can still complete the [AHP Job Profiles Survey](#). You can also check out some of the fantastic job profiles that we have already received from colleagues across all AHP disciplines on our [webpages](#).

## 2022 UK Advancing healthcare awards

Following on from the successful [2021 Cymru Advancing healthcare awards](#) held virtually, the UK Advancing healthcare awards were held at an in-person event on 8 January 2022. The work of AHPs and healthcare scientists and those working with them in supporting roles was celebrated at an awards lunch in London hosted by Allan Wilson, past president, Institute of Biomedical Science. [Check out the full list of winners and their work](#).



# What's going on

## Mental Health Awareness Week

This year's mental health awareness week took place 9 - 15 May. The theme this year was loneliness with individuals being encouraged to build meaningful connections with their friends, family, colleagues and communities. Let us know if you've taken part in any events or activities to support your mental health. You can also find information on health and wellbeing on the [HEIW webpages](#).

## Dementia Action Week

Dementia Action week also took place on 16 - 22 May, which was followed by the [Alzheimer's Society Cymru Conference 2022](#) on 7 June focusing on Dementia diagnosis.

## Healthy Eating

This June is all about how we're fueling ourselves, with BNF Healthy Eating Week on 13 - 17 June and Dietitians Week taking place 20 - 24 June, search #DW2022 on [Twitter](#) for dietetic news and stories shared including from the Public Health Dietetic Team at Betsi Cadwaladr University Health Board who recently delivered a successful [nutrition and practical cookery course](#) to a group of older male adults.

[Let us know](#) if you've been taking part in any of these events.

## Students

Check out the [AHP Roles and Careers](#) area on our webpages. Here you'll find the latest information from and for AHP students, including a student peer resource for practice placement and resources from HCPC on supervision and the use of social media.

### Wales Health Student Forum membership

You can sign up for the student forum here: [Wales Health Student Forum Registration](#) or by scanning this QR code.



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