

Video transcript

Lucy Douglas-Pannet

Public health specialty registrar

I'm Lucy Douglas-Pannett. I'm a public health specialty registrar, which means I'm training to be a consultant in public health. I'm based at Leicestershire County Council, but I also work with University Hospitals of Leicester.

Who can apply for the public health specialty training programme?

The public health training programme is run through the Faculty of Public Health. To apply, they have certain eligibility criteria, and you need a good standard of education historically, at least a degree. You can apply no matter what your background, as long as you can demonstrate enough experience within public health.

What opportunities does the programme provide?

The public health training programme is an exceptional opportunity. I actually can't recommend it enough. I've not only been given the opportunity to study a Master's, in fact I've just started a second, both of which are fully-funded and supported by my employer, but I've been able to work in different organisations, with different people; I've had very close contact with patients, which is something I thought I might lose, and I was fearful of that when I first started, but I've been able to retain some patient contact through patient and public involvement; I've been allowed to shadow very senior executives, both at the hospital and within CCGs; you're exposed to opportunities that you absolutely otherwise wouldn't be. I've travelled the country, been to conferences; we have a huge deanery who are very supportive and encourage you to publish the work that you do, to take your findings from your Master's and various other work you've done and share that so that everybody sort of benefits from improved public health interventions. I, as I said, I'm a huge advocate for the programme and would recommend that anybody with the appropriate skills and background would apply to do it.

What are the challenges and rewards?

The training programme offers a huge number of opportunities but it is a challenging programme. It's five years long, you undertake a Master's, which typically isn't local. If you have a family there's

commitments at home to balance with long days and additional study. But to come out at the end as a consultant with a recognised qualification and a professional background is worth all the hard work.