Brief – Welsh language and the 'Active offer' in Health and Social Care

The Welsh Government is keen to improve the quality of services in health and social care and to treat people with dignity and respect. For many Welsh speakers, this means receiving their care through the medium of Welsh where they feel more comfortable and more able to express their needs.

However, when people are at their most vulnerable, they are less likely to ask for Welsh language services because they do not want to draw attention to themselves or make a fuss. Therefore, staff need to understand why it is so important for people to be able to speak in Welsh. Furthermore, organisations that deliver health and social care need to plan differently to make these services readily available without people having to ask for them. This ‘active offer’ principle reflects the core values of the NHS to treat people as individuals and ensure that their needs are central to care delivery.

Contact: https://www.bangor.ac.uk/healthcaresciences/
Brief- Welsh language in Primary Health Care

Putting the patient at the centre of the health service is not a new concept: The NHS in Wales has placed emphasis on focussing on the patient since the white paper Putting the Patient First in 1998 and the Wanless report in 2003; it is a principle repeated in several policy and strategy documents. For example in 2013 the Welsh Government stated:

‘Our NHS bodies must be listening organizations. This means listening to patients; listening to staff and listening to the ‘system’ and then acting on what is heard and seen. Gathering feedback and learning from patient experience and that of its staff will be at the heart of the Board agenda.’

This report highlights the voice of the Welsh speaking patient. It aims to ensure that the health sector and those responsible for providing primary care in particular, hear of their experiences and are motivated to take action on several levels

- At an individual level, asking - personally contributing to improving the experience for Welsh speakers
- At an organizational level- what to implement in the sector
- At Welsh Government level- how to plan a health service which takes two languages into account
Brief – Living with disability or long term illness

Many people in Wales and across the UK live with a disability or long-term illness. These can include arthritis, depression, multiple sclerosis, and diabetes, among many others. Due to an increasing life expectancy and better health care, more and more people every year are diagnosed with a disability or long-term illness. Such conditions can have two kinds of effects on people: First, there are the physical symptoms, such as pain, tiredness, need for a wheelchair, or low mood. Secondly, there are the social consequences, such as stigma, high unemployment, isolation, and loneliness, among others. These symptoms or consequences, physical or social, can be explored to see how they affect people. Interesting areas of research include how people with depression are represented in the media (e.g. newspapers, TV programmes etc.) and what policies exist to address some of the social consequences.

Contacts
http://www.cardiff.ac.uk/people/view/39337-sakellariou-dikaios
Brief – Mental Health in Adolescents

The mental health needs of children and young people is a topic that concerns everyone and is frequently reported in the local and national press.

There are a range of organisations that support young people with mental health issues including statutory services like mental health services, school counsellors and voluntary organisations. There are key issues for young people in accessing support and treatment at these times and identifying the barriers they face to accessing the right support.

There are several methods of support for young people including self-help material and how effective this is worthy of examination. Another method includes being seen by a specialist mental health service and, it should be noted that, what happens to young people who need to go into hospital for assessment or treatment, can have considerable impact on them.

Information generated from your local area as a case study could be different from services available across other parts of Wales. Availability of services within a more rural or urban community could also be very different.

Contacts
http://www.cardiff.ac.uk/healthcare-sciences/research
Twitter @CU_MentalHealthNurse
@CUHealth.Sci
"Current UK policy is to maximise the health of the population and reduce health inequalities." (Sanders et al 2016).

The public health role of the midwife has been acknowledged as key in ensuring the health of mothers, babies and families and to ensure the health of future generations. The public health role of the midwife is varied and includes various aspects of maternal health, infant feeding and early parenthood.

It is vital to carefully consider all areas of public health that can have an impact on pregnancy outcomes for both mothers and babies and, furthermore, how this might be addressed by midwives or maternity services in Wales.


Contacts

http://www.cardiff.ac.uk/study/undergraduate/courses/course/midwifery-bmid

Brief – Dealing with Mental Illness

In the United Kingdom one in four people experience a mental illness at some time in their lives and poor mental health is the largest cause of disability. In addition to the immediate impacts of their illness, people experiencing mental health problems can face stigma and discrimination that prevents them from engaging with society and accessing services that could be helpful to them. Most lifetime mental illnesses begin before adulthood so fostering good mental health and wellbeing in children and young people is crucial and will benefit individuals and society as a whole. The Children of the 90s Study, for example, has found that young people with the highest levels of wellbeing at age 13, go on to do better in their GSCE exams, two years later. Improving mental health services is a priority across the UK, including in Wales where in 2016 the Government launched a 3-year plan to improve mental health services for children and young people.

There are key mental health and wellbeing problems facing young people in Wales, Europe and internationally. An exploration of a particular problem could consider many variables: age group, gender etc. and take into account the actions that have been taken in Wales or your school or locality to address it.

Contacts
http://decipher.uk.net/
http://www.shrn.org.uk/
Brief – Society's effects on the health of teenagers
Adolescence is a critical time for young people’s health and wellbeing as key health risk behaviours increase, such as alcohol use and declining levels of physical activity. These behaviours can lead to a high burden of chronic disease in later life, health inequalities and high health care costs. Some detrimental health behaviours in young people in Wales have persisted over many years, such as low levels of breakfast consumption, fruit and vegetable consumption and physical activity. Yet the situation regarding other key health behaviours is improving and proportions of young people smoking, drinking alcohol and using cannabis are declining. Young people, however, are continually facing new threats to health which may emerge as a result of new technologies or products. In recent years these have included energy drinks, electronic cigarettes, cyber-bullying, ‘sexting’ and new drugs referred to as ‘legal highs’. To effectively address these emerging health behaviours a sound understanding is needed of where, how many and what types of young people are affected and how and why the behaviours so rapidly increase.

Contacts
http://decipher.uk.net/
http://www.shrn.org.uk/
Brief – Healthy Schools

Healthy Settings is an approach to health promotion that acknowledges that the places we live, work, play, socialise and study can influence our health and wellbeing. This means that settings themselves can be changed in ways that will improve health and wellbeing. This could include the physical structure of the setting or the way it is organised or managed. The Healthy Settings approach has been applied to a wide range of settings from whole cities, such as Swansea, to hospitals, prisons, universities and workplaces. One of the most widespread Healthy Settings initiatives, however, is Healthy Schools and there are healthy school programmes all over the world, including in Wales. Under the health promoting schools framework, health is defined broadly to include physical and mental health, emotional wellbeing and safety and is seen as the responsibility of the whole school community. Healthy schools are expected to uphold principles of democracy, equity, sustainability, social justice, collaboration and empowerment and address the health of staff as well as students. Schools’ impact on young peoples’ health and wellbeing, both now and as they get older, needs careful consideration. Your school or college is a case study and it should be trying to improve health and wellbeing.

Contacts

http://decipher.uk.net/
http://www.shrn.org.uk/
Brief – E-cigarettes
Electronic cigarettes or e-cigarettes are a controversial issue in public health, with some experts seeing them as an important way to help people stop smoking, whilst others are concerned that e-cigarettes will ‘renormalize’ smoking and lead more young people into smoking tobacco. Many tobacco companies have entered the e-cigarettes market and are using similar advertising strategies that were used for conventional cigarettes. Since May 2016 e-cigarettes have been covered by the EU Tobacco Products Directive so they cannot be sold to anyone under the age of 18, their packaging must say that they contain nicotine and there are some restrictions on their advertising. Governments have also attempted to place restrictions on e-cigarettes through fears of their impact on young people.

Adults and young people’s use of tobacco and e-cigarettes Wales and in other countries could be changing. Several factors could be prompting this and might include the use of e-cigarettes so, whether they are a harmless alternative to smoking tobacco, is an important factor. What young people know about e-cigarettes, smoking and health is key to them maintaining their own health.

Contacts
http://decipher.uk.net/
http://www.shrn.org.uk/