

EUPHANxt Flash

FOR YOUR CAREER IN PUBLIC HEALTH

Dear EUPHANxt subscribers,

Welcome to the first EUPHANxt Flash mailing. EUPHANxt flash is a periodic newsletter that we are planning to send to you all at least three times a year. We encourage your input on how to increase our activities to further your career and in public health and to provide with you the tools and network to do so. EUPHANxt - your call to action!

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1) EUPHANxt News

In the past few months, EUPHANxt has been developing its new **strategy** to further build our network and its impact. Currently the network consists of more than **700 subscribers**. Yet we are hoping to increase this to the symbolic number of **2020** by the year 2020. **Giacomo Scaioli** has joined the EUPHANxt team early July to help getting this strategy and plan into real action!

2) EUPHANxt wants you!

Since EUPHA has created **pillar networks** on Research, Policy, Practice and Training/Education, EUPHANxt is looking for four motivated students or young/early career public health professionals who want to be the representatives of our network for the four pillars. If interested, please send your CV to G.Scaioli@nivel.nl

3) An internship abroad - Interview with Sophie Baird

Sophie is 25 and comes from England. She graduated in Medical Science at the University of Birmingham, UK, then she attended a Master of Public Health (MPH) at the Ecole des Hautes Etudes en Santé Publique (EHESP), France. In 2012, thanks to EUPHANxt, she did an internship at Kosice Institute for Society and Health (KISH) in Kosice, Slovakia. We asked her to tell us about her experience.



What was the initial idea for you to contact EUPHANxt for this practicum?

I was studying a Master of Public Health in France and was required to do a four month internship as part of the degree. We had absolutely no assistance in finding an internship and so I had to take my own initiative. Knowing that EUPHA brings together public health professionals from all over Europe, I thought I would contact EUPHANxt for ideas of who I could connect with. Having communicated that I was interested in chronic disease I was put in touch with the President of the Chronic Disease section of EUPHA who offered me an internship but also offered to put me in touch with other people. I accepted her offer and I'm so glad I did.

What did you expect of it?

To be honest, I wasn't 100% sure what to expect of the internship. I had received offers of other internships in other parts of the world but the topic of quality of life in chronic disease interested me much more than any of the other offers. I knew almost nothing about Slovakia before I went but I found the prospect of going to a new place with new experiences quite exciting.

What were the big practicalities that you struggled with?

The biggest concern for me was trying to work out how I would cope with the language while I was in Slovakia. However, I decided to sign myself up for language lessons as soon as I arrived and, although it was difficult, I really enjoyed it!

What did your internship look like?

While in Slovakia I worked for KISH, a research institute in Kosice. I was involved in the Research Programme on Chronic Diseases and worked on an ambitious project bringing five separate studies together. I compared quality of life in five long term conditions (rheumatoid arthritis, Parkinson's disease, multiple sclerosis, coronary heart disease and end-stage renal disease). The write up for this project formed my Master's thesis and we hope for it to be published soon.

How was your time in Slovakia?

I absolutely loved my time in Slovakia. Everyone was really friendly and wanted to share their culture with me. Learning the language also gave me the opportunity to feel less foreign and, although it was hard to learn, I really enjoyed it. I took every opportunity to try new foods, to see new places and to integrate myself as much as possible. Even though I was only there for four months, I was very sad to leave and I know I will go back soon.

What was the added value to do this internship abroad?

I would advise anyone and everyone to work abroad for at least a little time. It gives you a completely different perspective on life and greatly influences how you do your job in the future. You shouldn't underestimate how much you can take back with you! I have only been working in Public Health for six months so far but already I am acutely aware of how interested people are by the fact that I have studied and worked abroad - it gives you something wholly different that many others don't have.

How do you see your future career?

I have always wanted to work with the National Health Service in my own country. My big interest is the Chronic Care Model and I hope to be able to work at a level where I can influence integrated care for older people and others with long term conditions.

Do you want to be involved on the European level?

I would like to be involved at a European level but while still working in England with the NHS. I very much enjoyed working with the President of the EUPHA Chronic Disease section and learning from her. To be able to contribute to the work done at a European level would be an absolute privilege.

How would you like to stand out as a public health professional?

I would like to be someone who actually made the theory of the Chronic Care Model a reality. Although many countries have implemented elements of the model, we still seem to be struggling to bring them together.

What are the biggest challenges that public health would face in the future?

I think one of the biggest challenges in public health is changing the culture within health systems. Health care needs to move forward but we can only do this by acknowledging that a change must happen.

4) How to grow your network - tips by Linda Spencer

After the EUPHANxt workshop on *effective networking* in Brussels last October, here are some other networking tricks to further advance your career.

https://www.youtube.com/watch?v=hFwj_vAq9c

5) Internships and EUPHANxt - discover Europe

EUPHANxt is looking into setting up an **European internships and exchange programme** for its subscribers. We are looking for ideas, existing programmes, your thoughts on how to develop this. For now, we are offering the possibilities to send us requests to see whether we could bring you in contact with relevant EUPHA members. Furthermore, EUPHA members are invited to propose vacant internships, after which we will distribute them within the EUPHANxt network!

6) European Public Health Conference

Glasgow - 19-22 November 2014

Mind the gap: Reducing inequalities in health and health care



The next annual European Public Health Conference will take place in Glasgow from 19 to 22 November 2014. EUPHANxt will be organizing special next generation events and workshops for you!

1. Skills-building conferences and workshops organized by EUPHANxt:
 - How to write and publish an article for a public health journal (Thu 20th 8:30-12:00)
 - Let your voice be heard: How to communicate effectively (Fri 21st 8:30-10:00)
 - The changing role of the public health professional: are we up for it? (Fri 21st 10:40-12:10)
2. Annual meeting of EUPHANxt on Friday 21th November (18.00-19.00)
3. And much more...

Special student fees are available, check the [EPH Conference](#) website!

Please contact us, if you have more ideas, plans, projects, questions etc. We would love to hear from you!

Best regards,

Arjan van der Star, Fabrizio Bert & Giacomo Scaiola
EUPHANxt Coordinators

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