

Teaching Health Inequalities: Lessons from North West

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Contributors

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Core psychiatry curriculum 2022

- HLO 4
- HLO – Apply core knowledge of mental and physical health promotion and illness prevention for patients and wider community
- Theme – Health promotion and illness prevention in community settings
- Key Capabilities – Apply an understanding of factors contributing to health inequalities and social, cultural, spiritual and religious determinants of health. Promote mental well-being and prevention of mental disorders within context of societal change and social technology, identifying and challenging stigma and discrimination against people experiencing mental disorder.

Aim: Focus on inequality/ across the ages

- Gain understanding of how health inequality influences mental and physical health outcomes
- Understand the impact of Social Determinants of Health
- Understand about various inequalities in health and how they accumulate throughout life of a patient and its transgenerational nature.
- Identify key sources for national and local data around inequalities

HEE NW School of Psychiatry Board

MRCPsych Course Oversight Com: Head of School, MRCPsych Course Team, Trainee reps, DME

North West MRCPsych Course team: Course Director, Dy Course Dir., Administrators

Across the Ages: Health Inequalities subgroup Linked with RCPsych, North West MRCPsych Course team, Module and Trust Leads
Developed module for pilot delivery within Local Academic Programmes

Module Leads various specialities- Develop MRCPsych Course resources (handbooks and presentations) for delivery in LAP across North West Trusts.

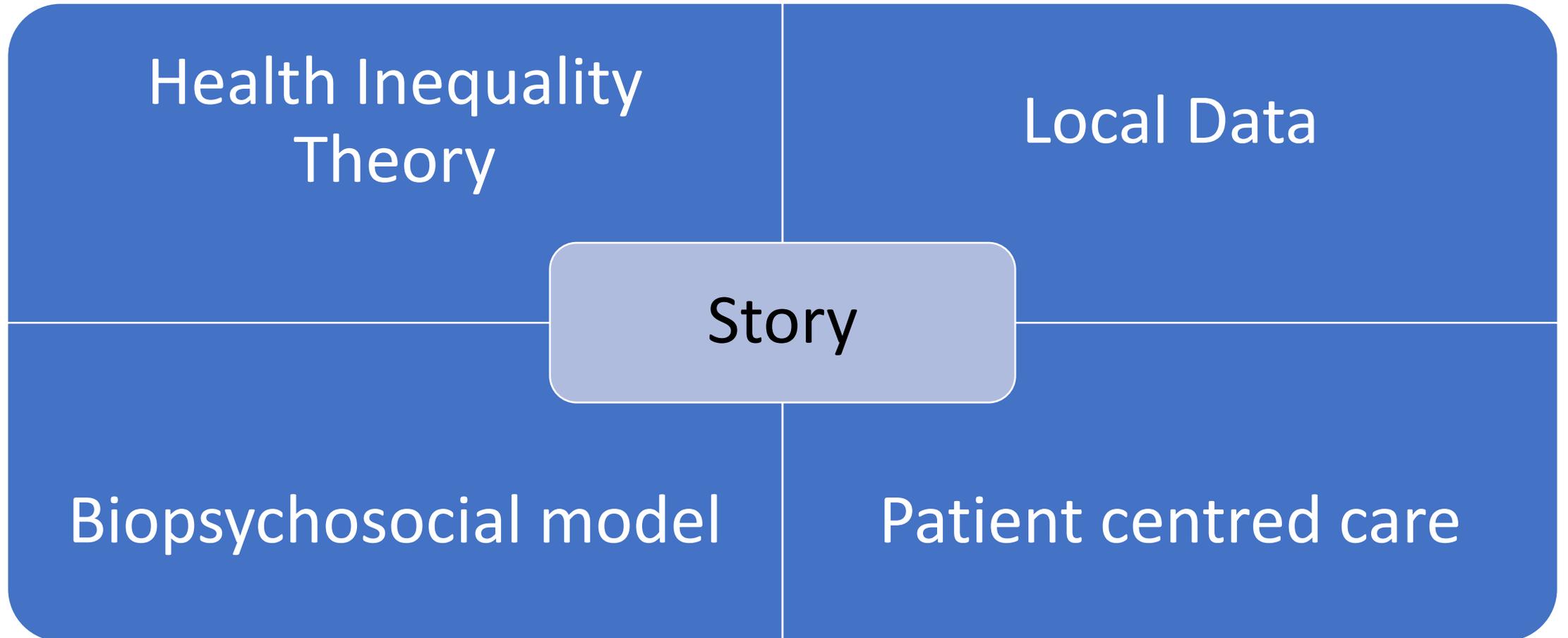
Lead on delivery of Regional Academic Prog– 24 centrally delivered days of workshops delivered across CT1 & CT2, covering the syllabus

Trust Leads

Cheshire & Wirral Partnership, Greater Manchester Mental Health, Lancashire & South Cumbria
Mersey Care, Pennine Care

Lead on delivery of MRCPsych Course IN LAP attended by psychiatry trainees and others – 30 half day sessions across each year.
Feedback collated & shared with MRCPsych Course team

Approach



Introducing the cast...

Kai 15 has a non-binary gender orientation, recent self-harm, ASC...

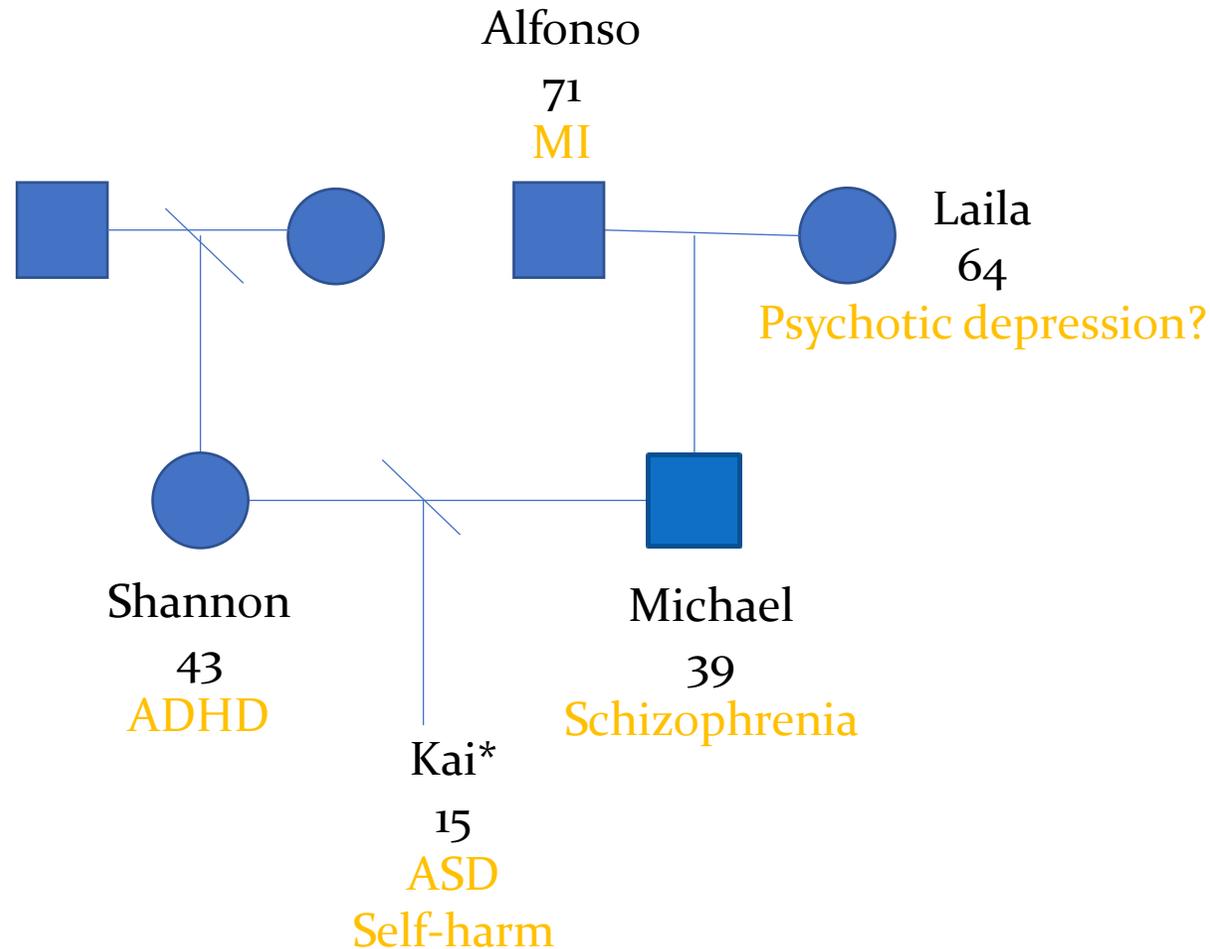
Shannon 28 British, Specific LD, co-parented Kaya, ADHD

Michael 39, temperamental child, experienced racial abuse. Substance abuse, Schiz treated, detained on MHA, brief period of homelessness

Laila, 64 Indo-Guyanese descent, born in London to 1st Gen migrants, faced Racial discrimination.. Relocated now works as nurse....

Alfonso 71 (b) Trinidad- relocated 1966 worked various jobs, married Laila 1982. They had their only son Michael in the same year.

Story



- Key themes
- Immigration
 - Racial inequality
 - Access to services
 - Isolation
 - Domestic violence
 - Developmental issues
 - Substance misuse
 - Physical and mental health

*at the time of writing there is no single agreed symbol to represent the non-binary

Social Determinants in Health inequalities

- Social determinants of health- multifaceted but very relevant MH

...unequal distribution of power, income, goods, and services, globally and nationally, the consequent unfairness in the immediate, visible circumstances of people's lives—their access to health care and education, their conditions of work and leisure, their homes, communities, towns, or cities

- Our narratives/ interlinking stories to highlight SDH

Laila & Alfonso (OA)- Deprivation, migration, insecurity, inequitable resources

Micheal (GA): Race, ACE, differential attainment, mental health.

Kai: evolution of intersectionality impact, ACEs –showing downstream impact

- Dualism of SDH is creating challenges in implementation

Life course approach to HI

- Acknowledges factors both ‘prior and contemporary conditions’- including *in utero* and childhood effects.
- Focusses on causes and not consequences.
- 2 perspectives- **Developmental** and **Structural**
- Life course approach recognizes the impact of
 - Latent (*e.g. poor parenting, poverty*)
 - Pathway (*e.g. early life conditions habits which impact future health behaviours*)
 - *Cumulative effects on later health*

Trans-generational impact

- Societal health inequalities across generations
- Need 3 generations to show transgenerational impact
- Biological models- Developmental plasticity (eg in utero) to increased vulnerability in childhood..
- Impacting on multilevel stress experiences, impact on resilience, social well being across generations
- Group vulnerabilities across generations.
- Epigenetic influences of population level deprivation of SDH.

Intersectionality: cross cutting theme

- Intersectionality is a theoretical framework examining human experience being jointly shaped by multiple social positions (e.g. race, gender), and cannot be adequately understood by considering social positions independently.
- Crenshaw first used the term in examining racial legal statues in the US . This approach allows to deconstruct the Biological models of 'Race' as an entity and understand the social processes of '**racialisation** or **discrimination**' while allowing to quantify the influences.

Our methodology

- Trainees divided into 3 groups, each group having an expert facilitating the discussion. Each exercise was discussed in groups and fed back to the wider audience.
- An Expert-led panel discussion of the issues and themes arising.
- Draw out the similarities and differences in the presentation, assessment and management of the same disorder in the three age groups.
- This was followed by panel discussion including Q&A for 30-60 minutes.

Engaging with data

- Regional variation - <https://fingertips.phe.org.uk/>
- MHA data – NHS Digital
- Access to IAPT – NHS Digital

Feedback

- Interesting, informative and interactive session
- Very interesting thinking about not just one patient's **journey** but how one person's history and experience with mental health can affect families. Also highlighted the different psychosocial aspects of health
- Learnt about **intersectionality** for the first time
- Very interactive and learnt about **social psychiatry**
- Good interaction with the audience

Feedback..

88% CTs

	Excellent	Good	Fair	Poor
Overall session	68%	24%	8%	-
Relevance	72%	20%	8%	-
Presentation	56%	40%	4%	-

Any questions?

Thank you