

Healthcare in High School HEE Funded Programme

Dr David Allison, Division of Pharmacy & Optometry, University of Manchester

Peer-education, where student presenters who are of the similar age bracket as the young learners in high schools is a very positive and successful approach to education knowledge and awareness delivery. The overall aims of this project were to plan, initiate, conduct and evaluate a series of student-led workshops in Schools in the North West aimed at highlighting issues that influence health & well-being (personal and public) and life opportunities of school children within Greater Manchester. Specifically:

- to develop, implement and facilitate a wide range of health promotion workshops targeting year 9 / 10 young learners, delivered by undergraduate students as a core curriculum activity.
- to enhance the interaction between the University's academics and students with whole school communities in Greater Manchester.
- to measure the impact of these interventions on the well-being of the local communities and target groups
- to assess the value of this activity on undergraduate education and student development.

Supported by extremely positive feedback on our successful, award winning Antimicrobial Resistance workshop, we have now developed a range of Prezi-based (<https://prezi.com/>), hands-on and interactive workshops that cover a variety of healthcare issues relevant to 14-16 year olds. These include Alcohol Awareness, Diabetes, Mental Health Awareness, Party Drug Awareness, Sexual Health Awareness as well as AMR. Workshops were developed by initially determining pupil knowledge by questionnaire, speaking to teachers and assessing the appropriate Key Stage curriculum. Feedback on the proposed workshop was sought from teachers before trialling the workshop and getting pupil feedback.

Last academic year we made this a core Social Responsibility activity for all of our 3rd year M.Pharm. students (the first core activity of this nature in the University) whereby in groups of 3-4 they all had to deliver a healthcare workshop to a high school class. Students were randomly assigned to groups in order to avoid any bias. Topic-specific training sessions were delivered to the students where the relevant Prezi was shown and guidance notes provided to each student on key points to discuss. The students were not provided with a script as we expected them in their teams of 4 to take some ownership on delivery. All of our students were required to submit a CPD return for formal assessment.

In total, 134 students delivered 34 workshops across 6 schools. As well as completing pre and post workshop knowledge questionnaires, feedback was received from both pupils and teachers.

In summary, **ALL** of the workshops were very highly rated by the high school pupils, the content appeared to be at the right level, the pupils felt that they learnt something from each of the workshops and most really enjoyed being taught by our 3rd year pharmacy students.

Teacher feedback was also very positive (92% thought that pupils enjoyed the workshops; 97% thought material was appropriate or OK [77% : 20% split]; 88% definitely want workshops again) as was feedback from our students (no data attached). The vast majority of our 3rd year students really enjoyed the peer-education experience and felt that it would stand them in good stead for the future when practicing as pharmacists. With this year being the first time that these workshops were rolled out in such a large scale our timetable for training was very much dependent upon lead teachers agreeing to the workshops and finding mutually convenient slots for us to deliver. This year with some advanced planning we will invite our students to a practice delivery.

KEY WORKSHOP POINTS:

- First example of SR in the core curriculum
- Healthcare issues discussed with the public (high school pupils) in an awareness raising manner
- Undergraduate students benefitted from:
 - Development of communication, presentation and engagement skills
 - Ability to simplify issues for younger age group
 - Improved self-confidence of topic
 - Development of team working skills
 - Time management and organizational skills
- This programme is sustainable as all materials have been prepared. This year we have 148 students to accommodate and have already assigned 35 workshops across 8 different high schools.